



# MAY 2024

## DELIVERY HOURS BETWEEN 11AM-1PM

### PLEASE RETURN COLOR COPY FILLED OUT BY APRIL 19th

	MONDAY	TUESDAY	WEDNESDAY MAY 1 <sup>st</sup>	THURSDAY MAY 2 <sup>nd</sup>	FRIDAY MAY 3 <sup>rd</sup>
<b>Entrée (Please Circle One)</b>			Breaded Pork Cutlet w/th Mashed Poatoes Or Seafood Alfredo Pasta Salad w/th Dinner Roll	Open Faced Roast Turkey Sandwich Or Grilled Chicken Breast Sandwich	Beef Lasagna with Dinner Roll Or Parmesan Pollock with Mashed Potatoes
<b>Side Dishes</b>			Roasted Carrots	Mashed Potatoes & Butternut Squash	Peas
<b>Dessert (Please Circle One)</b>			Oreo Magic Dessert Bar! Or Fruit Cocktail	Creamy Fruit Ambrosia Salad (W.O. Coconut) Or Brownie	Chocolate Chip Cookie Or Orange Muffin
<b>Evening Meal</b>			Corned Beef & Swiss on Rye Lettuce & Tomato Coleslaw	Bologna & American on White Lettuce & Tomato Potato Salad	Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit

\_\_\_\_ (# of days) X \$17.50 = \_\_\_\_  
 \_\_\_\_ Weekly rate for five deliveries per week = \$77.50  
 \_\_\_\_ Yes, I would like milk with my meal (\$.60/day for 2 milks) = \_\_\_\_

TOTAL: \_\_\_\_\_

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*Reshaping Aging®*

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	<b>MONDAY MAY 6<sup>th</sup></b>	<b>TUESDAY MAY 7<sup>th</sup></b>	<b>WEDNESDAY MAY 8<sup>th</sup></b>	<b>THURSDAY MAY 9<sup>th</sup></b>	<b>FRIDAY May 10<sup>th</sup></b>
<b>Entrée (Please Circle One)</b>	<b>Crusted Tilapia Or Grilled Turkey Sandwich</b>	<b>Hamburger on Bun Or Roast Pork with Gravy</b>	<b>French Dip Sandwich Or Turkey Meatloaf</b>	<b>Chicken Creamy Pasta Bake Or Sloppy Joe Sandwich</b>	<b>Memphis Pulled Pork on Bun Or Baked Boneless Chicken Thigh</b>
<b>Side Dishes</b>	<b>Rice Pilaf &amp; Green Beans</b>	<b>French Fries &amp; Broccoli Cuts</b>	<b>Baked Potato &amp; Green Beans</b>	<b>Sliced Carrots &amp; Garlic Breadstick</b>	<b>Roasted Potatoes &amp; Spinach</b>
<b>Dessert (Please Circle One)</b>	<b>Cantaloupe Slices Or Vanilla Cupcake</b>	<b>Grapes Or Cheesecake</b>	<b>Fruit Gelatin Or Banana Cake</b>	<b>Sliced Peaches Or Peach Cobbler</b>	<b>Cubed Watermelon Or Blonde Brownie</b>
<b>Evening Meal</b>	<b>Turkey and American on Wheat Lettuce and Tomato Fresh Fruit</b>	<b>Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit</b>	<b>Italian Sub Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>	<b>Bologna &amp; Cheese on White Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>	<b>Tuna Salad on Croissant Lettuce &amp; Tomato Coleslaw Fresh Fruit</b>

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Norwood Seniors Network home delivered meals are made in one main production kitchen so we cannot guarantee that food will be produced separately. Norwood Seniors Network cannot be held responsible for any issues resulting from food allergies.

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	<b>MONDAY MAY 13<sup>th</sup></b>	<b>TUESDAY MAY 14<sup>th</sup></b>	<b>WEDNESDAY MAY 15<sup>th</sup></b>	<b>THURSDAY MAY 16<sup>th</sup></b>	<b>FRIDAY May 17<sup>th</sup></b>
<b>Entrée (Please Circle One)</b>	Coney Island Hot Dog on Bun Or Mexican Chicken	Honey Glazed Chicken Thigh Or Sweet and Sour Pork	BBQ Pulled Pork Sandwich Or Chicken Cordon Bleu	BBQ Chicken Thigh Or Meatloaf	Cheese Burger on Bun Or Vegetable Lasagna
<b>Side Dishes</b>	Peas & French Fries	Rice & Broccoli Cuts	Mashed Potatoes & Sliced Carrots	Baked Beans & Mashed Potatoes	Roasted Potato & Brussel Sprouts
<b>Dessert (Please Circle One)</b>	Fruit Gelatin Or Frosted White Cake	Grapes Or Lemon Bar	Cubed Watermelon Or Rhubarb Pie	Chocolate Frosted Yellow Cake Or Fruit Cup	Cinnamon Apple Sauce Or Caramel Bread Pudding
<b>Evening Meal</b>	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit	Italian Sub Lettuce & Tomato Pasta Salad Fresh Fruit	Bologna & Cheese on White Lettuce & Tomato Cole Slaw Fresh Fruit	Tuna Salad on Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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	<b>MONDAY MAY 20<sup>th</sup></b>	<b>TUESDAY MAY 21<sup>st</sup></b>	<b>WEDNESDAY MAY 22<sup>nd</sup></b>	<b>THURSDAY MAY 23<sup>rd</sup></b>	<b>FRIDAY May 24<sup>th</sup></b>
<b>Entrée (Please Circle One)</b>	BBQ Shredded Beef on Bun Or Chicken and Penne Pasta	Pork Loin with Gravy Or Beef Tips in Gravy	Chicken Fried Steak Or Manicotti with Meat Sauce	Summer Beef Stew Or Popcorn Shrimp w/th Cocktail Sauce	Oven Fried Chicken Or Cheese Burger on a Bun
<b>Side Dishes</b>	Mashed Potatoes & Sliced Carrots	Green Peas & Egg Noodles	Mashed Potatoes & Green Beans	Sliced Beets & Dinner Roll	Baked Steak Fries & Brussel Sprouts
<b>Dessert (Please Circle One)</b>	S'Mores Bar Or Mandarin Oranges	Cantaloupe Or Fruit Gelatin	Cubed Watermelon Or Rhubarb Pie?	Boston Cream Pie Or Fruit Cocktail	Frosted Chocolate Cake Or Apple Bar
<b>Evening Meal</b>	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit	Italian Sub Lettuce & Tomato Pasta Salad Fresh Fruit	Bologna & Cheese on White Lettuce & Tomato Cole Slaw Fresh Fruit	Tuna Salad on Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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<b>Entrée (Please Circle One)</b>	<b>MEMORIAL DAY HOLIDAY NO HOME DELIVERY TODAY FOR MEMORIAL DAY OBSERVANCE!!!</b>	<b>Golden Roast Turkey Breast or Beef Pepper Steak</b>	<b>Hamburger on Bun Or Baked Pork Chop</b>	<b>Chili and Cheese Hot Dog Or BBQ Chicken Thigh</b>	<b>Chicken Alfredo Or Roast Beef Sandwich</b>
<b>Side Dishes</b>	<b>PLEASE PLAN ACCORDINGLY WELL IN ADVANCE NO DELIVERY TODAY!!!</b>	<b>Garlic Mashed Potatoes &amp; Honey Glazed Carrots</b>	<b>Dinner Roll &amp; Cheesy Hashbrowns</b>	<b>Rice &amp; Cauliflower</b>	<b>Mashed Potatoes &amp; Beets</b>
<b>Dessert (Please Circle One)</b>	<b>MEMORIAL DAY HOLIDAY!!!</b>	<b>Cantaloupe Or Carrot Cake</b>	<b>Chocolate Frosted Yellow Cake Or Sliced Peaches</b>	<b>Brownie Or Watermelon Cubes</b>	<b>Lemon Poppy Seed Cake Or Mixed Fruit Cup</b>
<b>Evening Meal</b>	<b>NO HOME DELIVERY TODAY FOR HOLIDAY!!!</b>	<b>Egg Salad on Wheat Tossed Lettuce Salad Fresh Fruit</b>	<b>Italian Sub Lettuce &amp; Tomato Pasta Salad Fresh Fruit</b>	<b>Bologna &amp; Cheese on White Lettuce &amp; Tomato Cole Slaw Fresh Fruit</b>	<b>Tuna Salad on Croissant Lettuce &amp; Tomato Coleslaw Fresh Fruit</b>

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