



OCTOBER 2025
DELIVERY HOURS BETWEEN 11AM-1PM
PLEASE RETURN COLOR COPY FILLED OUT BY SEPT. 18th

	MONDAY September 29th	TUESDAY SEPTEMBER 30th	WEDNESDAY OCTOBER 1st	THURSDAY OCTOBER 2nd	FRIDAY OCTOBER 3rd
Entrée (Please Circle One)			Cranberry Chicken Or Beef and Broccoli	Herb & Mustard Crusted Pork Loin Or Burgundy Turkey Cutlets	Seafood Newburg Or Lemon Glazed Chicken
Side Dishes			Balsamic Brussels Sprouts & Fluffy Rice	Mashed Potato & Seasoned Spinach	Penne Pasta & Herbed Green Beans
Dessert (Please Circle One)			Brownie Or Cantaloupe	Cookie Or Fruit Cocktail	Chilled Peaches Or Pears
Evening Meal			Egg Salad w/th Croissant Lettuce and Tomato Fresh Fruit	Ham and Cheese on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Tuna Salad on White Lettuce & Tomato Coleslaw Fresh Fruit

____ (# of days) X \$18.00 -3 meal a week min per full 5 day week.

____ Weekly rate for five deliveries per week

____ Yes, I would like milk with my meal (\$.60/day for 2 milks)

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TOTAL:

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.

Norwood Seniors Network

Reshaping Aging®

A non-for-profit organization serving seniors in their homes since 1994

(773) 631-5673



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	MONDAY OCTOBER 6th	TUESDAY OCTOBER 7th	WEDNESDAY OCTOBER 8th	THURSDAY OCTOBER 9th	FRIDAY OCTOBER 10th
Entrée (Please Circle One)	Chicken Marsala Or Stuffed Cabbage Roll	BBQ Pork Chop Or Liver & Onions	Pork Loin Roast Or Vegetable Primavera Pasta	Honey Citrus Salmon Or Roast Turkey and Gravy	Caprese Chicken Or Swiss Steak
Side Dishes	Herbed Potatoes & Squash Medley	Whipped Potatoes & Pacific Blend of Vegetables	Tri-Color Rotini & Creamed Spinach	Au Gratin Potatoes & Parslied Carrots	Rice Pilaf & Sicilian Blend of Vegetables
Dessert (Please Circle One)	Peach Pie Or Applesauce	Banana Cake Or Pineapple	Peach Cobbler Or Pears	Chilled Fruit Salad Or Mandarin Oranges	Rice Crispy Bar Or Apricots
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Ham & Cheese on Bun Tossed Lettuce Salad Fresh Fruit	Egg Salad on Croissant Lettuce and Tomato Fresh Fruit	Turkey and Swiss on Wheat Potato Salad Fresh Fruit	Tuna Salad on Wheat Lettuce & Tomato Coleslaw Fresh Fruit

____ (# of days) X \$18.00 -3 meal a week min per full 5 day week. = ____
____ Weekly rate for five deliveries per week = \$80.00
____ Yes, I would like milk with my meal (\$.60/day for 2 milks) = ____

TOTAL: ____

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	MONDAY OCTOBER 13th	TUESDAY OCTOBER 14th	WEDNESDAY OCTOBER 15th	THURSDAY OCTOBER 16th	FRIDAY OCTOBER 17th
Entrée (Please Circle One)	Garlic Shrimp Or Herbed Roasted Turkey	Lemon Mustard Chicken Or Pork Paprika	Marinated Beef Kabob Or Veal Parmesan	Spinach Lasagna Or Chicken Chardonnay	Braised Pork Chop Or Pesto Turkey
Side Dishes	Bread Dressing & Herbed Green Beans	Mashed Potatoes & Orange Glazed Beets	Tri-Color Couscous & Scandinavian Blend of Vegetables	Parslied Noodles & Italian Blend of Vegetables	Herbed Green Beans & Mashed Potato
Dessert (Please Circle One)	Brownie Or Honeydew Cubes	Apple Crisp Or Pineapple	Cookies Or Fruit Cup	Lemon Bar Or Chilled Apricots	Cherry Cobbler Or Peaches
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Ham and American on White Tossed Lettuce Salad Fresh Fruit	Egg Salad on White Lettuce & Tomato Pasta Salad Fresh Fruit	Turkey and American on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Tuna Salad w/th Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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Entrée (Please Circle One)	Chicken Fricassee Or Chimichurri Pork Loin	Garlic Steak Bites Or Grilled Ham Steak	Mediterranean Baked Fish Or Crispy Pork Loin	Meatloaf and Gravy Or Turkey Divan	BBQ Chicken Thigh Or Pork Chop in Mushroom Sauce
Side Dishes	Orzo Pasta & Broccoli Floretts	O’Brien Potatoes & Brussels Sprouts	Fluffy Rice & Zucchini & Tomatoes	Mashed Potato & Sicilian Blend of Vegetables	Macaroni and Cheese & Seasoned Green Beans
Dessert (Please Circle One)	Cookie Or Pears	Brownie Or Pineapple	Cookies Or Fruit Cup	Pudding Or Chilled Apricots	Apple Crisp Or Peaches
Evening Meal	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Ham and American on White Tossed Lettuce Salad Fresh Fruit	Egg Salad on White Lettuce & Tomato Pasta Salad Fresh Fruit	Turkey and American on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Tuna Salad w/th Croissant Lettuce & Tomato Coleslaw Fresh Fruit

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	MONDAY OCTOBER 27th	TUESDAY OCTOBER 28th	WEDNESDAY OCTOBER 29th	THURSDAY OCTOBER 30th	FRIDAY OCTOBER 31st
Entrée (Please Circle One)	Honey Chicken Or Baked Fish & Dill Sauce	Vegetable Lasagna Or Apricot Glazed Pork Loin	Cranberry Chicken Or Beef and Broccoli	Herb & Mustard Crusted Pork Loin Or Burgundy Turkey Cutlets	Seafood Newburg Or Lemon Glazed Chicken
Side Dishes	Sautéed Cabbage & Garden Blend of Rice	Garlic Noodles & Carrots	Balsamic Brussels Sprouts & Fluffy Rice	Mashed Potato & Seasoned Spinach	Penne Pasta & Herbed Green Beans
Dessert (Please Circle One)	Banana Cream Pie Or Peaches	Rosy Applesauce Or Chilled Pineapple	Brownie Or Cantaloupe	Cookie Or Fruit Cocktail	Chilled Peaches Or Pears
Evening Meal	EGG SALAD on White Lettuce and Tomato Fresh Fruit	Turkey and American on Wheat Lettuce and Tomato Fresh Fruit	Ham and Cheese on White Lettuce and Tomato Fresh Fruit	Ham and Swiss on Wheat Lettuce & Tomato Potato Salad Fresh Fruit	Tuna Salad on White Lettuce & Tomato Coleslaw Fresh Fruit

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