

SENIOR MEALS MENU – September 2026

Please choose 6 meals for each week and **return to your delivery person by 8/30/2026.**

NAME: _____ Sept 6, 2026 ☐ Breakfast Casserole ☐ Beef Pot Pie ☐ Stuffed Peppers ☐ Apple Roast Pork, Mashed Potatoes, peas ☐ Grilled Chicken Bites, cheesy hashbrown casserole, and green beans ☐ Cajun White Fish, roasted root vegetables ☐ Cheesy Chicken and Rice Soup ☐ Potato Soup ☐ Buffalo Chicken Wrap w/ Ranch Coleslaw	NAME: _____ Sept 13, 2026 ☐ French Toast Casserole ☐ Hot Ham & Cheese, Sweet Potato Fries ☐ Breaded Catfish, hushpuppies & coleslaw ☐ Pork Carnitas w/ mexican rice ☐ Cheese Ravioli w/ peas ☐ Turkey Manhattan w/ green beans ☐ Roasted Red Pepper Soup ☐ Corn Chowder ☐ Lodded Cobb Salad (Chicken, lettuce, tomato, eggs, green onion, bacon, blue cheese, cucumber, honey mustard dressing, croutons)
NAME: _____ Sept 20, 2026 ☐ Ham, Egg, Cheese Croissant ☐ Hamburger Gravy, Fried Potatoes, baked beans ☐ Chicken Enchiladas w/ Mexican Street Corn ☐ Beef Stroganoff w/ Green Beans ☐ BBQ Pork Sandwich, potatoe wedges, roasted carrots ☐ Baked white fish, rice pilaf, asparagus ☐ Split Pea Soup ☐ Creamy Italian Sausage Soup ☐ Chicken Bacon Ranch Wrap w/ Corn & Black Bean Salad	NAME: _____ Sept 27, 2026 ☐ Sausage & Egg Muffin ☐ Meatloaf, mashed potatoes, green beans ☐ Honey Mustard Pork, red potatoes, broccoli ☐ Coney Dog w/ Macaroni Salad ☐ Goulash ☐ Tuna Noodle Casserole ☐ Chicken Gnocchi Soup ☐ Veggie Chowder ☐ Chef Salad (Iceberg & romaine mix, ham, boiled egg, tomato, cucumber, croutons, cheddar cheese)

If you have any questions or need to call/text in your order, please contact us at 219-204-1189