

### March 7 - May 27, 2022

# MENU ORDER FORM

♥ = Heart Healthy Choice

Week 1

**Monday** 



Roast Beef with Gravy

Choose One

Α

March 7 & April 18



**Asian Salmon Filet** 

Tuesday



Chicken Enchilada Bake

Choose One

Α

В

March 8 & April 19



Cheese Lasagna

Wednesday



Pulled Pork with Gravy

Choose One

Α

В

March 9 & April 20



Lemon Pepper Tilapia

**Thursday** 



**Asian Beef** 

Choose One

Α

В



**Hawaiian Chicken** 

**Friday** 



Tangy Honey Glazed Ham

Choose One

Α

В



March 11 & April 22

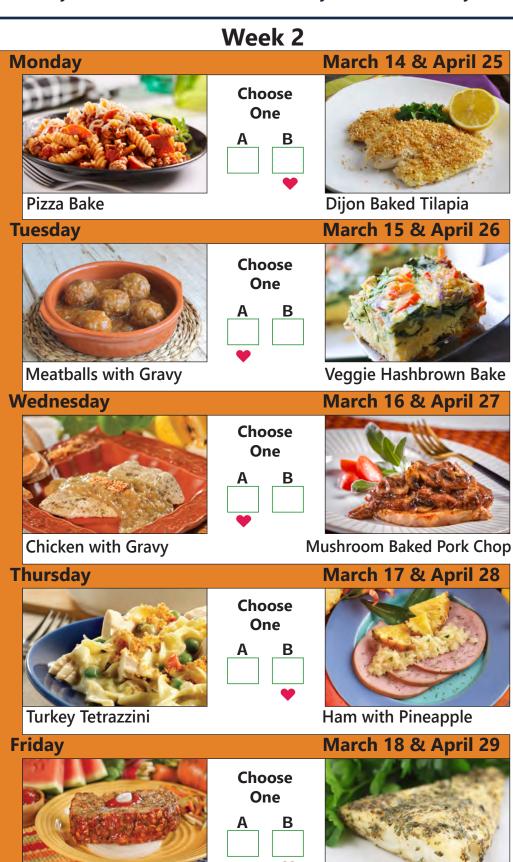
**Baked Old Bay Cod** 

#### Complete your MENU in three steps:

- 1. Choose either Option A or Option B for each day listed.
  - ♥ = Heart healthy choice

Meatloaf with Ketchup

- 2. Sign and date the back of your menu.
- 3. Give your menu to the volunteer at your next delivery.



Lemon-Dill Pollock

Please fill out the entire menu even if you don't get meals everyday. That way, we will have your choices should change your delivery schedule, even temporarily.

If no selection is made, you will receive Option A.



**Battered Cod** 

This choice menu will run for two six-week cycles:

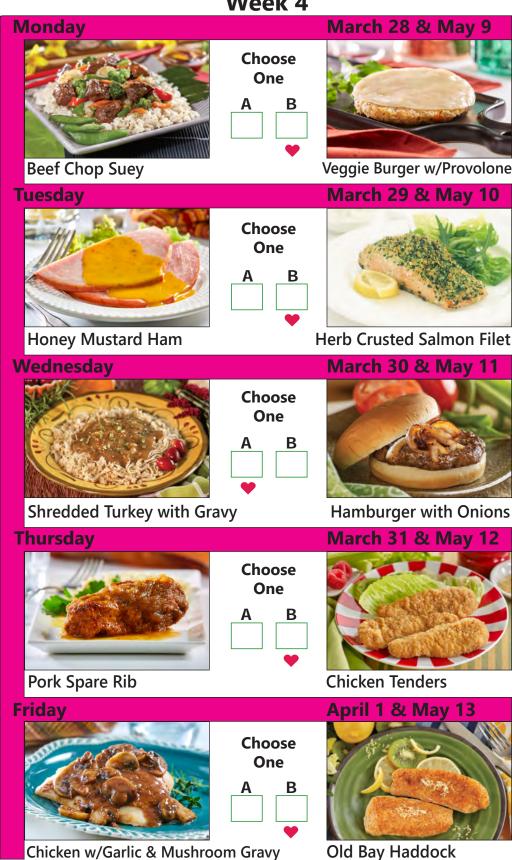
Monday, March 7 – Friday, April 15, 2022

Monday, April 18 – Friday, May 27, 2022

You will receive the same choices for both cycles.

Meals and delivery are subject to change without notice.

#### Week 4





## 1004 S. Taylor Drive Sheboygan, WI 53081 920-451-7011

#### FreshMealsOnWheels.org



NAME:		ROUTE:
My meal choices are enclosed.		
SIGNATURE:		
DATE:		
Week 6		
Monday	WEEK O	April 11 & May 23
BBQ Chicken	Choose One A B	Swedish Meatballs
Tuesday		April 12 & May 24
Beef Tips	Choose One A B	Bean Burger w/Monterey
Wednesday	Diack	April 13 & May 25
Fiesta Chicken	Choose One A B	Tuna Noodle Casserole
Thursday		April 14 & May 26
	Choose One A B	
Turkey a la King		Pork Loin with Onion
Friday		April 15 & May 27
Cheeseburger	Choose One A B	Balsamic Salmon Patty