



March 7 - May 27, 2022

# MENU ORDER FORM

♥ = Heart Healthy Choice

## Week 1

**Monday**

**March 7 & April 18**



Roast Beef with Gravy

Choose One

A

B



Asian Salmon Filet

**Tuesday**

**March 8 & April 19**



Chicken Enchilada Bake

Choose One

A

B



Cheese Lasagna

**Wednesday**

**March 9 & April 20**



Pulled Pork with Gravy

Choose One

A

B



Lemon Pepper Tilapia

**Thursday**

**March 10 & April 21**



Asian Beef

Choose One

A

B



Hawaiian Chicken

**Friday**

**March 11 & April 22**



Tangy Honey Glazed Ham

Choose One

A

B



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

2. Sign and date the back of your menu.

3. Give your menu to the volunteer at your next delivery.

## Week 2

**Monday**

**March 14 & April 25**



Pizza Bake

Choose One

A

B



Dijon Baked Tilapia

**Tuesday**

**March 15 & April 26**



Meatballs with Gravy

Choose One

A

B



Veggie Hashbrown Bake

**Wednesday**

**March 16 & April 27**



Chicken with Gravy

Choose One

A

B



Mushroom Baked Pork Chop

**Thursday**

**March 17 & April 28**



Turkey Tetrazzini

Choose One

A

B



Ham with Pineapple

**Friday**

**March 18 & April 29**



Meatloaf with Ketchup

Choose One

A

B



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.**

## Week 3

**Monday**

**March 21 & May 2**



Chicken Parmesan

Choose One

A

B



Pork Loin with Mushroom Gravy

**Tuesday**

**March 22 & May 3**



Tater Tot Casserole

Choose One

A

B



Hot Turkey & Provolone Sandwich

**Wednesday**

**March 23 & May 4**



Pork Tenderette

Choose One

A

B



Citrus Salmon Filet

**Thursday**

**March 24 & May 5**



Cheeseburger Casserole

Choose One

A

B



Veggie Egg Bake

**Friday**

**March 25 & May 6**



Turkey Filet with Gravy

Choose One

A

B



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

**Monday**

**March 28 & May 9**



Beef Chop Suey

Choose One

A

B



Veggie Burger w/Provolone

**Tuesday**

**March 29 & May 10**



Honey Mustard Ham

Choose One

A

B



Herb Crusted Salmon Filet

**Wednesday**

**March 30 & May 11**



Shredded Turkey with Gravy

Choose One

A

B



Hamburger with Onions

**Thursday**

**March 31 & May 12**



Pork Spare Rib

Choose One

A

B



Chicken Tenders

**Friday**

**April 1 & May 13**



Chicken w/Garlic & Mushroom Gravy

Choose One

A

B



Old Bay Haddock



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FreshMealsOnWheels.org

## Week 5

**Monday**

**April 4 & May 16**



Salisbury Steak

Choose  
One

A  B



Turkey Filet w/Chutney

**Tuesday**

**April 5 & May 17**



Beef Stew

Choose  
One

A  B



Haddock with Tomato

**Wednesday**

**April 6 & May 18**



Shredded Montreal Chicken w/Gravy

Choose  
One

A  B



Single Brat

**Thursday**

**April 7 & May 19**



Hot Ham & Cheddar Sandwich

Choose  
One

A  B



Black Bean Casserole

**Friday**

**April 8 & May 20**



Chicken Pot Pie

Choose  
One

A  B



Open-Faced Tuna Melt

NAME: \_\_\_\_\_

ROUTE: \_\_\_\_\_

*My meal choices are enclosed.*

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

## Week 6

**Monday**

**April 11 & May 23**



BBQ Chicken

Choose One

A



B



Swedish Meatballs

**Tuesday**

**April 12 & May 24**



Beef Tips

Choose One

A

B



Black Bean Burger w/Monterey

**Wednesday**

**April 13 & May 25**



Fiesta Chicken

Choose One

A



B



Tuna Noodle Casserole

**Thursday**

**April 14 & May 26**



Turkey a la King

Choose One

A

B



Pork Loin with Onion

**Friday**

**April 15 & May 27**



Cheeseburger

Choose One

A

B



Balsamic Salmon Patty