

<b>MONDAY DELIVERY</b>	<b>WEDNESDAY DELIVERY</b>	<b>FRIDAY DELIVERY</b>
<u>Dinners:</u> 1. Chicken & Gravy, Glazed Sweet Potatoes, Broccoli, Apricots, Bread & Butter 2. <b>FROZEN ENTRÉE</b> , Fruit, Bread <u>Lunches:</u> 1. Chicken Salad Croissant, Pea, Red Pepper & Cheese Salad, Tomato, Cucumber & Onion Salad 2. Roast Beef Sandwich, Potato Salad, Orange, Fruit Yogurt	<u>Dinners:</u> 1. Stuffed Pepper, Mashed Potatoes, Green Beans, Fresh Grapes, Bread & Butter 2. Swedish Meatballs, Buttered Noodles, Cauliflower, Green Peas, Sliced Peaches, Roll & Butter <u>Lunches:</u> 1. Tuna Sandwich, Three Bean Salad, Pineapple, Cereal Bar 2. Turkey Sandwich, Cole Slaw, Mixed Fruit, Fruit Juice	<u>Dinners:</u> 1. Ham w/ Pineapple, Scalloped Potatoes, Mixed Vegetables, Applesauce, Corn Muffin & Butter 2. Turkey & Gravy, Butternut Squash, Stuffing, Orange, Bread & Butter 3. <b>FROZEN ENTRÉE</b> , Fruit, Bread <u>Lunches:</u> 1. Cheese Sandwich, Orange, Potato Salad, Low-Fat Yogurt, Fruit Juice 2. Chef Salad w/ Hard-Boiled Egg, Ham & Cheese Cubes, Breadsticks, Apple Cinnamon Cereal Bar, Fruit 3. Garden Salad w/ Chicken, Orange, Vanilla Wafers
<u>Dinners:</u> 1. Chicken Cordon Bleu, Mashed Potatoes, Beets, Dinner Roll & Butter 2. <b>FROZEN ENTRÉE</b> , Fruit, Bread, Homemade Cookies <u>Lunches:</u> 1. Chicken Salad Sandwich 2. Roast Beef	<u>Dinners:</u> 1. Beef Stew, Lima Beans, Carrots, Banana, Biscuit & Butter 2. Stuffed Cabbage, Mashed Potatoes, Corn O'Brien, Orange, Bread & Butter <u>Lunches:</u> 1. Tuna Sandwich 2. Turkey Sandwich	<u>Dinners:</u> 1. BBQ Chicken, Macaroni & Cheese, Spinach, Sliced Peaches, Cornbread & Butter 2. Marinara Meatball Sub, Sweet Potatoes, Mixed Vegetables, Sliced Pears 3. <b>FROZEN ENTRÉE</b> , Fruit, Bread <u>Lunches:</u> 1. Turkey Sandwich 2. Garden Salad w/ Chicken 3. Chef Salad
<u>Dinners:</u> 1. Vegetable Lasagna, Carrots, Spinach, Garlic Bread, Orange, 2. <b>FROZEN ENTRÉE</b> , Fruit, Bread <u>Lunches:</u> 1. Chicken Salad Sandwich 2. Turkey Sandwich	<u>Dinners:</u> 1. Breaded Fish, Brown Rice, Peas, Carrots, Banana, Bread & Butter 2. Corned Beef, Oven Roasted Potatoes, Cabbage & Carrots, Applesauce, Bread & Butter <u>Lunches:</u> 1. Roast Beef Sandwich 2. Cheese Sandwich	<u>Dinners:</u> 1. Chicken Alfredo Pasta, Broccoli, Orange, Dinner Roll & Butter 2. Cheese Stuffed Shells, Lima Beans, Spinach, Grapes, Garlic Toast 3. <b>FROZEN ENTREE</b> , Fruit, Bread <u>Lunches:</u> 1. Tuna Sandwich 2. Garden Salad w/ Chicken 3. Chef Salad
<u>Dinners:</u> 1. Chicken Stir Fry, Brown Rice, Peas, Asian Blend Vegetables, Mandarin Oranges 2. <b>FROZEN ENTRÉE</b> , Fruit, Bread <u>Lunches:</u> 1. Chicken Salad Sandwich 2. Roast Beef Sandwich	<u>Dinners:</u> 1. Chicken Stew, Peas & Carrots, Corn O'Brien, Orange, Cornbread & Butter 2. Hamburger, Baked Beans, Potato Wedges, Pears <u>Lunches:</u> 1. Roast Beef Sandwich 2. Turkey Sandwich	<u>Dinners:</u> 1. Cheese Stuffed Shells, Mixed Vegetables, Applesauce, Dinner Roll & Butter 2. Salisbury Steak, Mashed Potatoes, Sauteed Mushrooms, Sliced Apricots, Bread & Butter 3. <b>FROZEN ENTREE</b> , Fruit, Bread <u>Lunches:</u> 1. Tuna Sandwich 2. Garden Salad w/ Chicken 3. Chef Salad

Meals are planned by a dietician and are professionally prepared in the Greater Cleveland Food Bank production kitchen. Meals on Wheels Shaker volunteers serve the entrees into individual portions and deliver them to client homes on Mondays, Wednesdays, and Fridays. In case of allergy, dietary, or religious restrictions, a frozen entree will be sent. Entrees are delivered cold for the client to reheat when ready to eat. Once a week, volunteers make fresh-baked desserts that are delivered with client meals at no cost. Sugar free cookies or extra fruit are sent on request.