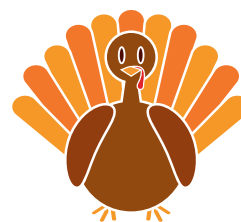


FROZEN MEAL PROGRAM

***If you have any food allergies,
please notify our staff in advance*



Week of November 7th: (Order Due by Friday, October 31)

BBQ Ribette, potato wedge, mixed vegetables (731/87)
Cabbage casserole, mashed potato, Bahama blend vegetables (836/118)
Cheddar Macaroni and cheese, stewed tomatoes, broccoli (706/106)
Pasta bake with meat sauce, green beans, cauliflower (567/75)
Roasted chicken legs, rice pilaf, carrots (529/69)

Numbers in the parentheses include calorie and carb counts

Please note Entrées and sides are subject to change without notice

Meal Pack options with suggested contribution

3-Pack: \$10.50 / 5-Pack: \$17.50
6-Pack: \$21.00 / 8-Pack: \$28.00
10-pack: \$35.00

However, any amount is appreciated.
Thank you for your contribution!

Please Circle Your Meal Pack Option

3 5 6 8 10

Please Select Your Pick Up Time & Choice

Time: 9:30 am 10:00 am 10:30 am 11:00 am

Walk Up

Drive Thru

Please follow your scheduled pickup time.

If you need to change the time or cancel,
please call ahead. (716) 636-3051.

Name _____

Phone _____

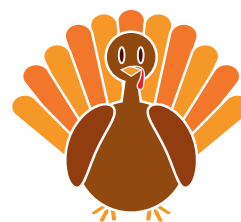
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Old Menus will not be accepted.

Questions?

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Nutrition Coordinator,
Christin Estrada at (716) 636-3050, ext. 3131

FROZEN MEAL PROGRAM

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Week of November 14th (Order due by Friday, November 7)

Salisbury steak with gravy, mashed potatoes, chefs mixed veg (848/87)

Grilled chicken and gravy, sweet potatoes, spinach (789/89)

Home-style Pork stew, white rice, broccoli (657/86)

Turkey with gravy, mashed potatoes, steamed carrots (739/97)

Breaded pork chop with gravy, Oven baked potatoes, steamed peas (884/100)

Numbers in the parentheses include calorie and carb counts

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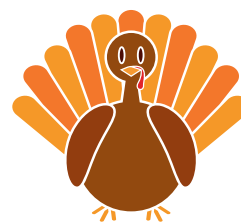
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FROZEN MEAL PROGRAM

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Week of November 21 (Order due by Friday, November 14)

Chicken Ala King, creamy mashed potatoes, broccoli medley (653/88)

Beef chili, steamed rice, California mixed vegetables (860/114)

Creamy Macaroni and cheese, stewed tomatoes, green beans (752/78)

Chicken cacciatore, pasta, California missed vegetables (514/72)

Stuffed pepper, mashed potato, steamed peas (897/117)

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10-pack: \$35.00

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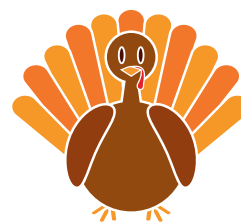
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FROZEN MEAL PROGRAM

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Week of November 28

(pick up November 26th / Order due by Friday, November 21)

Chicken alfredo, steamed corn, Broccoli medley (680/92)

Sweet and sour meatballs, steamed rice, bean medley (803/109)

BBQ chicken breast, sweet potatoes, steamed broccoli (838/120)

Salisbury steak with gravy, mashed potatoes, California mixed vegetables (740/100)

Pasta pizzola, green beans, and carrots (567/74)

Numbers in the parentheses include calorie and carb counts

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