

Meals on Wheels



Client Name: _____

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please indicate (check) which days you would or would not like meals. The meal choice noted will be the only option offered that day unless you choose to take the substitute meal offered this month.</p> <p><u>Substitute Meal: Spaghetti & Meatballs in Tomato Sauce, Wax Beans</u></p>						<p>1</p> <p>Frozen meal from prior week(s)</p> <p><input type="checkbox"/> Meal</p> <p><input type="checkbox"/> No Meal</p>
<p>2</p> <p>Frozen meal from prior week(s)</p> <p><input type="checkbox"/> Meal</p> <p><input type="checkbox"/> No Meal</p>	<p>3</p> <p>All Beef Hot Dog on Bun</p> <p>Baked Beans</p> <p>Beets</p> <p>Brownie</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>4</p> <p>Chicken & Dumplings</p> <p>Mixed Veg</p> <p>Jello</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>5</p> <p>Salmon Patty</p> <p>Scallop Potatoes</p> <p>Peas</p> <p>Angelfood Cake</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>6</p> <p>Pork Chops in Sauerkraut</p> <p>Carrots</p> <p>Applesauce</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>7</p> <p>Rigatoni Tossed Salad</p> <p>Cheesecake</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>8</p> <p>Frozen meal from prior week(s)</p> <p><input type="checkbox"/> Meal</p> <p><input type="checkbox"/> No Meal</p>
<p>9</p> <p>Frozen meal from prior week(s)</p> <p><input type="checkbox"/> Meal</p> <p><input type="checkbox"/> No Meal</p>	<p>10</p> <p>Pot Roast Potatoes, Celery & Carrots</p> <p>Muffin</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>11</p> <p>Turkey & Stuffing Rolls</p> <p>Mash Potato</p> <p>Gravy</p> <p>Corn</p> <p>Fruit Cup</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>12</p> <p>Meatloaf</p> <p>Wht. Potatoes</p> <p>Broccoli</p> <p>Pudding</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>13</p> <p>Breaded Chicken</p> <p>Rice Pilaf</p> <p>Green Beans</p> <p>Peach</p> <p>Cobbler</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>14</p> <p>Vegetable Alfredo</p> <p>Dinner Roll</p> <p>Cake</p> <p><input type="checkbox"/> This Meal</p> <p><input type="checkbox"/> Substitute</p> <p><input type="checkbox"/> No Meal</p>	<p>15</p> <p>Frozen meal from prior week(s)</p> <p><input type="checkbox"/> Meal</p> <p><input type="checkbox"/> No Meal</p>

Be sure to fill out this menu completely **including the back page**.
 The meal option that you indicate will be the meal option served.
 Desserts will be adjusted for anyone with diabetic needs.

Be sure to sign the section noted on the back page and return this form to the Red Cross office by *Friday, April 30, 2010.*

Meals on Wheels May 2010 cont.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
16 Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal	17 BBQ Chicken Shredded on Bun Fries 3 Bean Salad Angelfood <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	18 Baked Ham Slices Scallop Potatoes Peas Applesauce <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	19 Beef Stroganoff Buttered Noodles Cauliflower Jello <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	20 Cabbage Rolls Mash Potato Brussels Sprouts Cookie <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	21 Baked Haddock Rice Pilaf Mixed Veg Fruit Salad <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	22 Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal
23 Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal	24 Broccoli & Cheese Stuffed Chicken Baked Potato Carrots Pudding <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	25 Pork Chop Rice Green Beans Cake <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	26 Tuna Melt Sandwich Tatertots Coleslaw Jello <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	27 Meatloaf Mash Potato with Gravy Corn Cheesecake <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	28 Beef Tips & Gravy over Noodles Peas Brownie <input type="checkbox"/> This Meal <input type="checkbox"/> Substitute <input type="checkbox"/> No Meal	29 Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal
30 Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal	31 Memorial Day OFFICE CLOSED Frozen meal from prior week(s) <input type="checkbox"/> Meal <input type="checkbox"/> No Meal	<p>REMINDER: Meals will be delivered on <u>Mondays, Wednesdays and Fridays ONLY</u></p> <p>This form must be returned to ensure continuation of you meals.</p> <p>The completed form may be given to your driver.</p> <p>A copy will be returned to you.</p>				



Please sign, date, and return this form to the office at:
 302 Congress St., Bradford, PA 16701
by Friday, April 30, 2010.



I acknowledge that I have chosen the meal options noted on this form

 (Signature)

 (Print Name)

 (Date)