

MENU & ORDER FORM

WEEK OF Apr 30th to May 4th



Comfort Keepers.



CLIENT NAME:

MEAL PLAN: LARGE MEDIUM SMALL

Please write in the quantity of selections you'd like for the week, according to the star colors on your meal plan: ★ Gold Star ★ Silver Star ★ Blue Star

MONDAY DELIVERY

★ Snacks/Sweets/Salads -----

- Blueberry Muffin
- Jumbo Cookie
- Brownie
- Pudding Cup
- Strawberry Parfait
- Hardboiled Egg Cup
- Fresh Fruit Cup
- Grapes & Cheese Cup
- Tossed Garden Salad
- Caesar Side Salad
- S** Blueberry Yogurt Parfait
- S** Cantaloupe Cup

★ Sandwiches/Soups -----

- Turkey & Cheddar
- Ham & Cheddar Wrap
- Roast Beef & Cheddar Sub
- Italian Sub
- Chicken Salad Sandwich
- Tuna Salad Sandwich
- Chicken Caesar Wrap
- Chicken Noodle Soup
- Traditional Chili
- S** Roast Turkey Club Wrap
- S** Chicken Caesar Salad

★ Entrée -----

- Chicken A La King with Buttered Egg Noodles
- Teriyaki Chicken Breast with Jasmine Rice and Asian Vegetable Blend
- Pork Cutlet Schnitzel with Country Mashed Potato and Apple Glazed Baby Carrots
- Irish Beef Stew with Dinner Roll
- Ratatouille with White Rice
- Tofu Fried Rice Stir Fry
- Lasagna Bolognese Roll with Garlic Breadstick
- Pasta Primavera With Cream Sauce

WEDNESDAY DELIVERY

★ Snacks/Sweets/Salads -----

- Blueberry Muffin
- Jumbo Cookie
- Brownie
- Pudding Cup
- Strawberry Parfait
- Hardboiled Egg Cup
- Fresh Fruit Cup
- Grapes & Cheese Cup
- Tossed Garden Salad
- Caesar Side Salad
- S** Blueberry Yogurt Parfait
- S** Cantaloupe Cup

★ Sandwiches/Soups -----

- Turkey & Cheddar
- Ham & Cheddar Wrap
- Roast Beef & Cheddar Sub
- Italian Sub
- Chicken Salad Sandwich
- Tuna Salad Sandwich
- Chicken Caesar Wrap
- Chicken Noodle Soup
- Traditional Chili
- S** Roast Turkey Club Wrap
- S** Chicken Caesar Salad

★ Entrée -----

- Chicken Breast Parmesan with Spaghetti & Marinara Sauce with Italian Vegetables
- Chicken Breast Cordon Bleu with Rice Pilaf and Balsamic Roasted Vegetables
- Roast Pork Loin With Mustard Herb Crust and Roasted Red Potatoes & Rosemary and Roasted Corn and Succotash Salad
- Big Ole Beef Burrito with Mexican Fiesta Rice
- Vegetarian Shepherd's Pie
- Vegetarian Burrito with Brown Rice
- Broccoli With Garlic & Lemon and Whole Wheat Penne
- Gnocchi Alla Bolognese with Garlic Breadstick

FRIDAY DELIVERY

★ Snacks/Sweets/Salads -----

- Blueberry Muffin
- Jumbo Cookie
- Brownie
- Pudding Cup
- Strawberry Parfait
- Hardboiled Egg Cup
- Fresh Fruit Cup
- Grapes & Cheese Cup
- Tossed Garden Salad
- Caesar Side Salad
- S** Blueberry Yogurt Parfait
- S** Cantaloupe Cup

★ Sandwiches/Soups -----

- Turkey & Cheddar
- Ham & Cheddar Wrap
- Roast Beef & Cheddar Sub
- Italian Sub
- Chicken Salad Sandwich
- Tuna Salad Sandwich
- Chicken Caesar Wrap
- Chicken Noodle Soup
- Traditional Chili
- S** Roast Turkey Club Wrap
- S** Chicken Caesar Salad

★ Entrée -----

- Chicken Breast Paprika with Country Mashed Potato and Peas
- Chicken Breast with Sherry and Mushrooms with Brown Rice Pilaf and Broccoli
- Stuffed Green Pepper with Tomato Sauce
- Beef Stroganoff with Egg Noodles and Green Peas
- Broccoli Mushroom Cheddar Rice Casserole
- Mediterranean Lentil Ragout with Tomato & Herb Brown Rice
- Chicken Broccoli Alfredo Pasta with Garlic Breadstick
- Spaghetti & Meatballs with Herb Seasoned Breadstick

NOTES: