

Metrocrest Services Home Delivered Meals Menu

September 28, 2015 to March 11, 2016

Metrocrest Services Contact - Tammy Payton 972-446-2100

SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Sept 28 to Oct 2 Oct 26 to Oct 30 Nov 23 to Nov 27 Dec 21 to Dec 25 Jan 18 to Jan 22 Feb 15 to Feb 19	Chicken Fried Steak Mashed Potatoes Turnip Greens Biscuit w/ honey	Turkey Club Sandwich Potato Salad Fruit	Grilled Chicken Breast Cabbage Green Beans Biscuit w/ honey	Meatloaf Brocoli & Rice Casserole Fried Okra Roll	Tuna Salad Plate Potato Salad Cole Slaw
Week 2					
Oct 5 to Oct 9 Nov 2 to Nov 6 Nov 30 to Dec 4 Dec 28 to Jan 1 Jan 25 to Jan 29 Feb 22 to Feb 26	Smothered Steak Macaroni & Cheese Green Beans	Ham Club Sandwich Coleslaw Fruit	Chopped Sirloin w/Onions Mashed Potatoes Cabbage Roll	Chicken Tenders Corn French Fries Cornbread	Cajun Catfish Rice Peas Roll
Week 3					
Oct 12 to Oct 16 Nov 9 to Nov 13 Dec 7 to Dec 11 Jan 4 to Jan 8 Feb 1 to Feb 5 Feb 29 to Mar 4	Chef Salad w/Ranch Dressing Crackers Fruit Cobbler	Swiss Steak Green Beans Sliced Tomatoes Biscuit w/honey	Chicken & Dumplings Okra & Tomato Corn Roll	Pork Chop Black-eyed Peas Fruit Roll	Meatloaf Peas & Carrots Mashed Potatoes Roll
Week 4					
Oct 19 to Oct 23 Nov 16 to Nov 20 Dec 14 to Dec 18 Jan 11 to Jan 15 Feb 8 to Feb 12 Mar 7 to Mar 11	Baked Chicken Macaroni & Cheese Salad Roll	Pot Roast Potato & Carrots Spinach Roll	Hamburger w/Lettuce, Tomato & Onion French Fries Fruit	Chicken Fried Chicken Green Beans Mashed Potatoes Biscuit	Catfish Fingers Pinto Beans Coleslaw Cornbread

All meals prepared by Pete's Café

Menu may vary the week of Thanksgiving and Christmas