

September- November 2021

800-466-8010

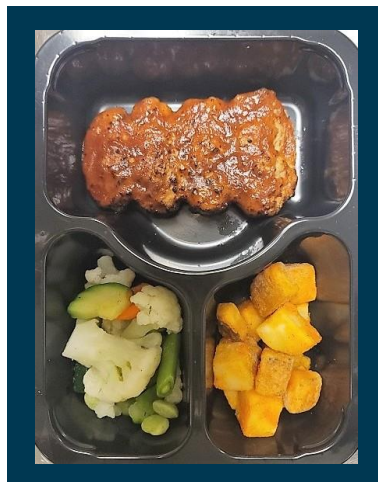
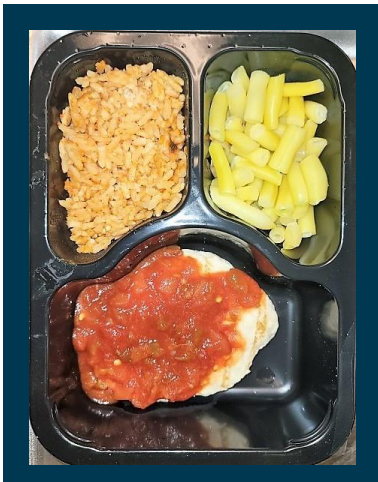
customer care@vantageaging.org

www.vantageaging.org

Welcome to the new choice frozen meal menu!

- This menu will run September – November 2021. On the back you will see the number of meals per week that you receive. There are 10 different meals to choose from, there are columns for 5 weeks, in each column select the total number of meals you are to receive for that week. These five weeks will rotate through 3 months.
- We will complete your entrée choices with your milk selection as well as the bread, fruit and or desserts you need to round out your meals.
- Meals can be stored in the refrigerator or the freezer. They are best when heated from a thawed state.
- The milk has been frozen prior to the date on the carton. Shake the milk well before opening the carton.
- It is very important you return this menu to your delivery person promptly so that we can get your choices entered into our system. Failure to return a menu will result in you receiving cook's choice.
- If you like to be surprised and would like to continue to receive cook's choice, call Customer Care at 330-832-7220 and let them know.

If you are wondering how our delicious meals look and what to expect, please take a look at the photos of our actual meals:



Choose your meals & quantities below.

Name:

Meals per week

Route:

	Week				
	1	2	3	4	5
Salisbury Steak W/MOW Mushroom Gvy Mashed Potatoes Brussel Sprouts					
Cheese Omelet Sweet Potato Puffs MOW Warm Peaches					
Breaded Chicken Patty/Bun/Swiss Cheese* Sliced Carrots Wax Beans					
MOW Ham/Green Bean/Potato Casserole# MOW Warm Peaches Corn Muffin					
Polish Sausage/Sauerkraut# Baby Bakers Peas					
MOW Salsa Chicken Spanish Rice Green Beans					
Beef Coney w/MOW Coney Sauce/HD Bun* Cheesy Potatoes Baked Beans					
MOW Chili Peanut Butter/Jelly Uncrustable* Warm Applesauce					
MOW Macaroni & Cheese MOW Stewed Tomatoes San Fran Mixed Vegetables					
MOW Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Corn					

Beverage:

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MOW = Made from scratch

contain pork * contains bread