

October Menu

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1. Vegetable Quiche with Minestrone soup	2. Crab Cakes , rice and vegetable	
	5. Turkey Tetrazzini	6. Shepherds Pie	7. Baked Penne with Meatballs	8. Tuscan Chicken (boneless thigh with spinach , cherry tomatoes finished in a light cream sauce)	9. Crab Stuffed Filet of Sole , Rice and vegetable	
	12 Chicken Cacciatore served over linguini	13. Stuffed Pepper Served with Potato	14. BBQ Chicken , Beans, Coleslaw (leg quarter)	15. October Fest !! German Brat with Cabbage & Potato	16. Baked Stuffed Shrimp , rice and vegetable	
	19. Eye of the Round , gravy , mashed and vegetable	20. Gramm Rosie's Chicken (boneless thighs roasted with garlic and fresh herbs)	21. Sweet Italian Sausage and peppers served over rice	22. Lasagna with Salad	23. Shrimp over Linguini	
	26.. Beef Stroganoff served over Egg Noodles	27 Manicotti & Meatballs	28. Baked Stuffed Chicken Breast (bread stuffing)	29. Eggplant Rollatini with Linguini	30. Seafood Casserole	

All Meals are \$6 each . There is a 3 Meal Minimum a Week. Meals MUST be ordered by Thursday one week prior to delivery . Meals can now be picked up on Thursday at New England Young at Heart , 308 Oxford Rd , Oxford (rt67) from 3-5pm

Meals are Frozen when delivered . Meals come with Fruit & Cookie . Please Email or Call your order in and leave on Machine . Make Checks to Community Connection Network . 203-463-8339