

OCTOBER MENU

Please refer us to friends!



Oct 4th

Cheesy Hamburger Potato soup
w dinner roll
BLT Salad w dressing
Teriyaki Chix over rice
Chili Dog tater tot casserole w veggie
Cabbage roll in a bowl
S'more Bars

Oct 18th

Goulash w side salad & dressing
Philly Cheesesteak sloppy joes
w veggie
Turkey wrap with pasta salad
Chix noodles over mashed potatoes
Taco salad
Fudgy Brownies

Pick up every

Wednesday

10-5

Sidney Delivery \$3

Shelby County Delivery \$5

5 meals for \$35

10 meals for \$70

Sweet Treat \$5 additional

Oct 11th

Unstuffed pepper skillet with rice
Loaded mashed potatoes
w meatballs casserole
Chix enchilada pasta with side salad
Crack Chix soup w dinner roll
Egg salad w croissant & fruit
Cinnamon sugar blonde squares

Oct 25th

Beef noodles & mashed potatoes w veggie
Sweet chili chix w dinner roll
Ravioli casserole
Baked ham w/ pineapple
w hash brown casserole
Cheesy chili macaroni soup with ham sandwich
Pumpkin Muffins

Whole Heart Kitchen

by The Meal Prep Life

1544 Michigan Street, Sidney

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