

October Grab n' Go

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Please Note:	MENU may change without notice due to supply interruptions.		1 Pot roast with mash potato and sautéed vegetables do jour Number of Meals: _____	2
3	4 Grilled Ham with pineapple glaze sauce and sweet potatoes and vegetables medley Number of Meals: _____	5 Chicken breast stuffed with tomato, spinach, cheese with risotto and candied carrots Number of Meals: _____	6 Seared tilapia puttanesca with roasted red potatoes and vegetables medley Number of Meals: _____	7 Mac 'n cheese (crunchy topping) with stewed tomatoes and fresh salad Number of Meals: _____	8 Sautéed steak and onion sandwich with German potato salad (vinegar based) & broccoli salad Number of Meals: _____	9
10	11 Salmon cake with coleslaw and steak potatoes fries Number of Meals: _____	12 Salisbury steak with roasted garlic mash potato and vegetables medley Number of Meals: _____	13 MLH: Butternut squash and beans enchiladas with corn/tomato/lime salad, Grilled Pineapple Number of Meals: _____	14 Chicken parmesan with baked rigatoni and grilled zucchini rounds Number of Meals: _____	15 Turkey chili stuffed baked potatoes with cheddar, fruit, carrot-raisin slaw Number of Meals: _____	16
17	18 Stuffed shell, fresh fruit and tomato/ cucumber /olive salad Number of Meals: _____	19 Beef stew with Yukon mash potatoes and green beans Number of Meals: _____	20 Chicken cacciatore with soft polenta and Julianne vegetables Number of Meals: _____	21 Cheese tortellini with alfredo sauce, fruit and steamed vegetables Number of Meals: _____	22 Stuffed mushroom with crab mix, rice pilaf and sautéed spinach Number of Meals: _____	23
24	25 Stuffed pepper with vegetables medley and cous cous salad Number of Meals: _____	26 MLH: Jambalaya, corn bread, Cucumber/tomato/parsley salad Number of Meals: _____	27 Salmon with orange ginger glaze with white rice and stir fry Vegs Number of Meals: _____	28 Meatloaf with sweet potato mash and baby petit peas and carrots Number of Meals: _____	29 Ghoul-ash, macaroni salad and fresh fruit, Apple Spice Cake Number of Meals: _____	30

Pre-Order Lunch Form

By pre-ordering and pre-paying you save \$1 per lunch (\$4/member) and you are guaranteed to have a lunch reserved for you.

Buying on the day of the lunch costs \$5 for members and the amount of lunches + patio seating is limited.

Instructions:

Circle the days you wish to pick-up or eat on the patio, put in the number of meals you want.

Calculate the amount owed:

Total # lunches x \$4 (member) or \$6 (non-member) =
Amount Owed

Attach your payment to this form and either give it to the Grab n' Go volunteer, drop it off at the Surrey front desk, or mail it in.

Name: _____

Phone Number: _____

Total # October Lunches: _____

Amount Paid: _____

Check #: _____ Cash: _____ Credit Card: _____