

JMEALS



SEPTEMBER MENU

- 1.) Lasagna**
- 2.) Stuffed Peppers**
- 3.) Corned Beef**
- 4.) Mushroom Chicken**
- 5.) Chicken Tenders**
- 6.) Fish Sticks**
- 7.) Southwest Chicken**
- 8.) French Toast Sticks**
- 9.) Beef over Noodles**
- 10.) Lemon-Garlic Chicken & Pasta**

Menu items are subject to change based on availability. All meals come with mixed vegetables and additional side, unless otherwise indicated. For special dietary requests please call 330.884.6386.

JMeals is a collaboration between Jewish Family & Community Services and the Jewish Community Center of Youngstown, agencies of the Youngstown Area Jewish Federation.
For more information visit jewishyoungstown.org/jmeals.

Name	Phone	Current Delivery Day
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Please choose no more than two of the same meal per week.

MEAL	QUANTITY FOR WEEK OF AUG 31	QUANTITY FOR WEEK OF SEPT 7	QUANTITY FOR WEEK OF SEPT 14	QUANTITY FOR WEEK OF SEPT 21	QUANTITY FOR WEEK OF SEPT 28
LASAGNA					
STUFFED PEPPERS					
CORNEB BEEF					
MUSHROOM CHICKEN					
CHICKEN TENDERS					
FISH STICKS					
SOUTHWEST CHICKEN					
FRENCH TOAST STICKS					
BEEF OVER NOODLES					
LEMON-GARLIC CHICKEN & PASTA					
WEEK TOTAL:					

Return your order for the entire month in the enclosed, self-addressed and stamped envelope, or call Jewish Family & Community Services at 330.884.6386 to place your order.