



OCTOBER MENU

- 1.) Pasta & Meatballs**
- 2.) Pesto Tortellini**
- 3.) Loaded Baked Potato**
- 4.) Chicken & Dumplings**
- 5.) Italian Chicken Breast**
- 6.) Chili**
- 7.) Frank & Beans**
- 8.) Garlic Boneless Wings**
- 9.) Sloppy Joe**
- 10.) Breaded Lemon Pepper Fish**

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 OCT 5TH	QUANTITY FOR WEEK OF OCT 12TH	QUANTITY FOR WEEK OF OCT 19TH	QUANTITY FOR WEEK OF OCT 26TH
PASTA & MEATBALL				
PESTO TORTELLINI				
LOADED BAKED POTATO				
CHICKEN & DUMPLINGS				
ITALIAN CHICKEN BREAST				
CHILI				
FRANK & BEANS				
GARLIC BONELESS WINGS				
SLOPPY JOE				
BREADED LEMON PEPPER FISH				
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.