

JMEALS AUGUST WEEKLY MENU

WEEK ONE

Manicotti Alfredo
Meatloaf
BBQ Chicken Sliders
Chick'n Parm
Taco Casserole

WEEK TWO

Pierogies
Meatloaf
Teriyaki Chicken Breast
Chick'n Parm
Beef Pot Pie

WEEK THREE

Manicotti Alfredo
French Toast
Teriyaki Chicken Breast
Tuna Noodle Casserole
Taco Casserole

WEEK FOUR

Pierogies
French Toast
BBQ Chicken Sliders
Tuna Noodle Casserole
Beef Pot Pie

Subject to change. All meals come with mixed vegetables and an 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

Please choose no more than two of the same meal per week.

MEAL	QUANTITY FOR WEEK OF AUG 3	QUANTITY FOR WEEK OF AUG 10	QUANTITY FOR WEEK OF AUG 17	QUANTITY FOR WEEK OF AUG 24
BBQ SLIDERS				
MEATLOAF				
FRENCH TOAST				
TERIYAKI CHICKEN BREAST				
PIEROGIES				
BEEF POT PIE				
TUNA NOODLE CASSEROLE				
CHICK'N PARM				
MANICOTTI ALFREDO				
TACO CASSEROLE				
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.