

# Sunflower Supper Club

## Frozen Meal Selection for September 2020

### Meal Choices for Delivery September 1st

1. Nanny's Meatloaf with Mashed Potatoes
2. Korean Beef Bowl with Coconut Rice and Oriental Veggies
3. Creamy Poppy Seed Chicken Bake over Rice with Green Beans
4. King Ranch Chicken Casserole with Chips & Salsa
5. Greek Marinated Grilled Chicken Breast with Sun Dried Tomato Alfredo Pasta
6. Ham, Broccoli & Cheese Pasta Bake with a Roll

### Meal Choices for Delivery September 17<sup>th</sup>

1. Italian Beef Meatball Penne Bake with Veggies
2. Tex Mex Beef Tater Tot Casserole with Chips & Salsa
3. Cheesy Chicken, Spinach & Artichoke Lasagna with a Garlic Roll
4. Chicken & Wild Rice Casserole with Buttered Peas & Carrots
5. Raspberry Chipotle BBQ Grilled Chicken Breast with Cheesy Potatoes
6. Cornbread & Sausage Pie with Frozen Fruit Salad

**Orders due by Sunday, August 23rd**

**Call Kim at 664.6318 or 474.4873**

**You can also email me at [feefamily@cox.net](mailto:feefamily@cox.net)**

**Please note that there are 5 Tuesdays in September**