

Sunflower Supper Club
Frozen Meal Selections for July 2022

Meal Choices for Delivery Tuesday July 5th

1. Beef Cottage Pie with Tater Tot Crust and Frozen Fruit Salad
2. BBQ Meatballs with Macaroni & Cheese
3. Creamy Garlic Parmesan Chicken over Rice with Veggies
4. Cheesy Chicken Spaghetti with a Roll
5. Chicken Verde Enchilada Bake with Mexican Rice
6. Smoked Sausage & Baked Beans with a Corn Muffin

Meal Choices for Delivery Tuesday July 19th

1. French Onion Beef & Noodles with Green Beans
2. Orange Glazed Beef Meatballs with Asian Noodles and Veggies
3. Chicken Meatball Alfredo Pasta Bake with a Bread Stick
4. Grilled Honey Mustard Chicken Breast with Corn & Black Bean Salad
5. Nanny's Chicken & Rice Casserole with Bread
6. Ham & Cheese Quiche with Frozen Fruit Salad

Orders due by Sunday, June 26th, 2022

Call Kim at 620.664.6318 or 620.474.4873

You can also email your order to me at feefamily@cox.net