

Sunflower Supper Club
Frozen Meal Selections for October 2022

Meal Choices for Delivery Tuesday October 4th

1. Beef & Bean Burrito Bake with Mexican Rice
2. Hamburger Stroganoff over Egg Noodles with Buttered Veggies
3. Chicken & Wild Rice Casserole with Buttered Broccoli
4. Chicken Cobbler with a Garlic Cheese Biscuit
5. BBQ Chicken Meatballs with Macaroni & Cheese
6. Ham & Cheesy Potato Bake with Sweet & Sour Green Beans

Meal Choices for Delivery Tuesday October 18th

1. Classic Chili with Cornbread
2. Philly Cheesesteak Macaroni with Garlic Bread
3. Amish Beef & Egg Noodle Bake with Buttered Veggies
4. Chicken Verde Enchilada Bake with Chips & Salsa
5. Chicken, Bacon & Ranch Tater Tot Bake with Buttered Peas & Carrots
6. Sausage & Rice Bake with Bread

Orders due by Sunday, September 25th, 2022

Call Kim at 620.664.6318 or 620.474.4873

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