

Sunflower Supper Club  
Frozen Meal Selections for November 2023

Meal Choices for Delivery Tuesday November 7<sup>th</sup>

1. Chili Mac and Cheese with Buttered Peas and Carrots
2. Nanny's Meatloaf with Mashed Potatoes
3. Monterey Cheese & Spinach Chicken Spaghetti with a Roll
4. Creamy Ranch Chicken Strips over Butter Rice with Normandy Veggies
5. Chicken Verde Enchilada Bake with Corn & Black Bean Salad with Chips
6. Sausage & Hash Brown Egg Bake with Frozen Fruit Salad

Meal Choices for Delivery Tuesday November 21<sup>st</sup>

1. Orange Glazed Beef Meatballs with Rice and Broccoli
2. Beef & Bean Burrito with Mexican Rice
3. Chicken & Dressing Bake with Green Beans
4. Cheesy Chicken Spaghetti with Frozen Fruit Salad
5. Creamy Garlic Parmesan Chicken over Buttered Egg Noodles with Peas & Carrots
6. BBQ Glazed Smoked Sausage Bites with Pepper Jack Cheesy Potatoes

Orders due by Sunday, October 29<sup>th</sup>, 2023

Call Kim at 620.664.6318 or 620.474.4873

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