

Freezer Friendly Program 2017

September - November Session #1

September 14th, 2017	September 21st, 2017	September 28th, 2017	October 5th, 2017
Homemade Chicken Fingers 	Vegetarian Lasagna 	Sweet and Sour Meatballs 	<i>Special guest- Emily Richards!!!</i>  Spaghetti and Nonna Ortenzia's Meatballs from her cookbook Per la Famiglia
October 12th, 2017	October 19th, 2017	October 26th, 2017	November 2nd, 2017
Macaroni and Cheese 	Tacos 	Soups (butternut squash and Corn Chowder) 	Meatloaf 
November 9th, 2017	November 16th, 2017	November 23rd, 2017	November 30th, 2017
Tuna Burgers 	Breakfast for dinner- Pancakes and muffins 	Shepard's Pie 	Personal Pizzas 