

Heat & Eat Meals



 **Cherokee
Regional**
Medical Center

300 Sioux Valley Drive • Cherokee, Iowa • 51012
712.225.5101 • cherokeermc.org

HEAT & EAT ORDER

\$6.00 each

**Each meal comes with a roll and dessert.*

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

TOTAL ENCLOSED:

MAKE A SELECTION:

MEAL

- | | |
|--------------------------|--|
| ☐ | Ham Balls, Mashed Potatoes, Carrots |
| ☐ | Greek Chicken, Orzo, Vegetable |
| ☐ | Pork Loin, Chef's Potato, Vegetable |
| ☐ | Turkey, Stuffing, Green Bean Casserole |
| ☐ | Marinated Chicken, Rice Pilaf, Asparagus |
| ☐ | Meatloaf, Potatoes, Green Bean Almondine |
| ☐ | Goulash, Green Beans |
| ☐ | Pork Stir Fry |
| ☐ | Taco Bowl, Rice, Corn |
| ☐ | Scalloped Potatoes/Ham, Carrots |
| ☐ | Roast Beef, Mashed Potatoes, Vegetable |
| ☐ | Apple Ginger Pork Chop, Side, Brussels Sprouts |
| ☐ | Beef/Noodle Casserole, Carrots |
| ☐ | Stew, Biscuit |
| ☐ | Glazed Ham, Roasted Potatoes, Cauliflower |
| ☐ | Pork Chop Supreme, Scalloped Potatoes,
Brussels Sprouts |
| ☐ | Chopped Steak, Mashed Potatoes, Broccoli |
| ☐ | Baked Fish Dinner |
| ☐ | Chipped Beef, Cooks Vegetables, Biscuit |
| ☐ | Chicken & Broccoli Alfredo, Garlic Bread |
| ☐ | Citrus Salmon, Quinoa Blend, Asparagus |
| ☐ | Glazed Turkey, Baked Sweet Potato, Vegetables |
| ☐ | Chicken Gumbo, Vegetable, Biscuit |

Meals may be picked up and paid for at the Cherokee Regional Cafeteria from 8am-6pm Sunday through Saturday. You will be notified when your meals are ready. Payment must be included with the order form.

