

YWCA Freezer Meals

January - April 2023

We do the planning & preparation, offering healthier choices than fast food.
Empowering women with a stress free meal for the family at a minimal cost!
Meals feed up to 6 people.



- January 12 **Crockpot Balsamic Chicken and Vegetables**
- January 19 **Pulled BBQ Chicken**
- January 26 **Crockpot Beef and Broccoli**
- February 2 **Crockpot White Chicken Chili**
- February 9 **Crockpot General Tso's Chicken**
- February 16 **Crockpot Chicken and Pepper Fajitas**
- February 23 **Crockpot Buffalo Chicken**
- March 2 **Crockpot Cheesy Smoked Sausage and Hashbrowns**
- March 9 **Crockpot Honey Balsamic Pork Chops**
- March 16 **Crockpot Orange Garlic Chicken**
- March 23 **Crockpot Teriyaki Chicken**
- March 30 **Crockpot Mongolian Beef**
- April 6 **Breakfast Casserole**
- April 13 **Crockpot MooShu Pork Chops**
- April 20 **Crockpot Shredded Chicken Parmesan**
- April 27 **Crockpot King Ranch Chicken**

\$20 per meal

Sign up for any in advance or call no later than **Friday** prior to meal

Date listed is to pick up frozen

402.462.8821

eliminating racism
empowering women
ywca

