

# Fall 2019 YWCA Freezer Meals

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



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| September 12 <sup>th</sup> | <b>Crockpot Mexican Shredded Chicken-</b> serve with tortillas or rice                 |
| September 19 <sup>st</sup> | <b>Crockpot Beef and Broccoli w/rice</b>   |
| September 26 <sup>th</sup> | <b>Melt in Your Mouth Meatloaf</b>   |
| October 3 <sup>rd</sup>    | <b>Crockpot Pork Tacos (Carnitas)-</b> serve with flour tortillas                      |
| October 10 <sup>th</sup>   | <b>Crockpot Teriyaki Chicken w/rice</b>  |
| October 17 <sup>th</sup>   | <b>Crockpot King Ranch Chicken-</b> a Tex-Mex flavor                                   |
| October 24 <sup>rd</sup>   | <b>Crockpot Southwest Steak &amp; Peppers-</b> serve with tortillas or rice            |
| October 31 <sup>st</sup>   | <b>Crockpot Potato, Corn, and Ham Chowder</b>  |
| November 7 <sup>th</sup>   | <b>Crockpot Cajun Chicken &amp; Sausage Jambalaya-</b> slightly spicy, serve with rice |
| November 14 <sup>th</sup>  | <b>Crockpot Sweet &amp; Sour Pork w/rice</b>   |
| November 21 <sup>st</sup>  | <b>Crockpot Beef Stew</b>  |
| December 5 <sup>th</sup>   | <b>Crockpot Black Bean and Corn Salsa Chicken-</b> serve with tortillas or rice        |
| December 12 <sup>th</sup>  | <b>Crockpot Homestyle Spaghetti Sauce with Meatballs-</b> serve with pasta             |
| December 19 <sup>th</sup>  | <b>Freezer Hash Brown Breakfast Casserole with Ham-</b> Christmas breakfast!           |

**\$15 Members / \$20 Non-Members**

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

*Must pick up the week listed*

**402.462.8821**

