

YWCA Freezer Meals

September -December 2021

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.



September 9th **Crockpot Teriyaki Chicken**

September 16th **Crockpot Black Bean & Corn Salsa**

September 23rd **Crockpot Sausage Jambalaya** (cajun, spicy)

September 30th **Crockpot Cheesy Smoked Sausage & Hashbrown Casserole**

October 7th **Crockpot Balsamic Chicken & Vegetables**

October 14th **Crockpot Buffalo Chicken for Sandwiches**

October 21st **Crockpot Fiesta Chicken Soup**

October 28th **Crockpot Moo Shu Pork Chops**

November 4th **Crockpot Shredded Chicken Parmesan**

November 11th **Crockpot General Tso's Chicken**

November 18th **Crockpot BBQ Cranberry Chicken**

December 2nd **Crockpot Black Bean Pumpkin Chili**

December 9th **Crockpot Beef and Pepper Fajitas**

December 16th **Hashbrown Breakfast Casserole with Ham**

\$15 Members / \$20 Non-Members

Call to order by **FRIDAY** week prior to meal. *Must pick up week listed*

402-462-8821 *Membership \$35/family*



eliminating racism
empowering women
ywca