

# Winter-Spring 2020 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.



- January 9<sup>th</sup> **Crockpot Buffalo Chicken**- serve on buns or hoagies with ranch or blue cheese dressing
- January 16<sup>th</sup> **Melt in Your Mouth Meatloaf** serve with potato and vegetable
- January 23<sup>rd</sup> **Crockpot White Chicken Chili** Serve with tortilla chips, shredded cheese, etc.
- January 30<sup>th</sup> **Crockpot Sausage & Peppers** Italian flavor- serve with hoagies or pasta
- February 6<sup>th</sup> **Crockpot Not Chicken Pot Pie** Serve over biscuits
- February 13<sup>th</sup> **Crockpot Pork Chops with Gravy**- serve with mashed potatoes or rice and vegetable
- February 21<sup>st</sup> **Crockpot Texas Taco Soup**- like regular taco soup but has diced beef instead of ground beef
- February 28<sup>th</sup> **Crockpot General Tso's Chicken w/rice**
- March 5<sup>th</sup> **Crockpot Cheesy Smoked Sausage & Hashbrown Casserole**
- March 12<sup>th</sup> **Crockpot Shredded Chicken Parmesan w/spaghetti**
- March 19<sup>th</sup> **Crockpot Beef & Pepper Fajitas**- serve with tortillas or Spanish Rice-a-Roni, top with cheese, etc.
- March 26<sup>th</sup> **Crockpot Cashew Chicken w/rice**
- April 2<sup>nd</sup> **Crockpot Moo Shu Pork Chops**- serve on rice or tortillas
- April 9<sup>th</sup> **Hash Brown Breakfast Casserole with Ham**- Easter breakfast!
- April 16<sup>th</sup> **Crockpot Balsamic Chicken & Vegetables**- serve with rice or pasta
- April 23<sup>rd</sup> **Crockpot Beef and Broccoli w/rice**
- April 30<sup>th</sup> **Crockpot Chicken & Pepper Fajitas** serve on tortillas or green salad, top with cheese, etc.

**\$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

eliminating racism  
empowering women  
**ywca**