

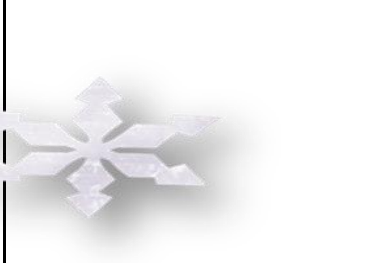


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please contact the Meals on Wheels Office to cancel or skip a meal</p> <p>610-374-3195 Ext. 220</p> <p><small>*All Menus Subject to Change</small></p>				<p>California Cheeseburger Hamburger Bun 1/4c. Lettuce, 1sl. Tomato 4 oz. Oven Wedges Pudding</p>
<p>Chicken Breast Sandwich WW Roll 1/4c. Lettuce, 1sl. Tomato 4 oz. Cooked Carrots 4 oz. Coleslaw 4 oz. Apple Sauce</p>	<p>Beef Pot Roast 4 oz. Brown Rice 4 oz. Green Beans WW Bread w/ Margarine Fresh Banana</p>	<p>Salisbury Steak w/ Gravy 4 oz. Red Potatoes (Parslied) 4 oz. California Mix Vegetables WW Bread 1 Sugar Cookie</p>	<p>Spaghetti w/ Italian Sausage 4 oz. Italian Sausage 4 oz. Corn 4 oz. Pineapple Chunks</p>	<p>Meat Loaf w/Gravy 4 oz. Mashed Potatoes 4 oz. Winter Mix WW Bread w/ Margarine Chocolate Pudding</p>
<p>Breaded Fish Fillet Tartar Sauce 4 oz. Steamed Cauliflower 4 oz. Macaroni Salad Fresh Apple</p>	<p>Beef & Vegetable Lasagna 4 oz. Steamed Broccoli Dinner Roll w/ Margarine 4 oz. Fruit Cocktail</p>	<p>Chicken Fricassee 4 oz. White Rice 4 oz. Stewed Beans 4 oz. Canned Pears</p>	<p>Ham Slices w/Pineapple 4 oz. Mashed Potatoes WW Bread w/ Margarine 4 oz. Corn 4 oz. Jell-O</p>	<p>Beef Stew 4 oz. White Rice 4 oz. Stewed Chick Peas WW Bread w/ Margarine 4 oz. Tropical Fruit</p>
<p>Meatball Hoagie 3 oz. Meatballs Hoagie Roll 4 oz. Seasoned Red Potatoes 4 oz. Carrots 4 oz. Pudding</p>	<p>Beef & Vegetable Stir Fry 4 oz. Rice 4 oz. Stewed Beans 4 oz. Mandarin Oranges</p>	<p>Tuna Salad Sandwich 1 Bun 4 oz. Seasoned Red Potatoes 4 oz. Mixed Vegetables 4 oz. Jell-O</p>	<p>Chicken Lo-Main 4 oz. Broccoli & Cauliflower 4 oz. Noodles WW Bread w/ Margarine 4 oz. Fruit Cocktail 4 oz. Peaches</p>	<p>Baked Pork Roast 4 oz. Rice w/ Pigeon Peas 4 oz. Fresh Salad 4 oz. Rice Pudding</p>
<p>Office Is Closed No Meals Will Be Served</p> <p><i>Merry Christmas</i></p>	<p>Office Is Closed No Meals Will Be Served</p>	<p>Baked Ziti w/ Ground Turkey 4 oz. Peas 4 oz. Fresh Salad Dinner Roll w/ Margarine</p>	<p>Baked Chicken 4 oz. Rice 4 oz. Stewed Beans 4 oz. California Blend 4 oz. Pears</p>	<p>Pork Chop 4 oz. Garlic Mashed Potatoes 4 oz Green Beans & Corn Fresh Apple</p>

*1% milk served with every meal