

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Corn Beef 4 oz. Brown Rice 4 oz. Stewed Beans 4 oz. Baked Sweet Potatoes 4 oz. Fruit Cocktail	Pork Chop 4 oz. Garlic Mashed Potatoes 4 oz. Green Beans & Corn Fresh Apple 
Tuna Salad Sandwich WW Bread 4 oz. Seasoned Red Potatoes 4 oz. Mixed Vegetables 4 oz. Jell-O	Beef Stew 4 oz. White Rice 4 oz. Stewed Chickpeas 4 oz. Sweet Potatoes WW Bread w/ Margarine 4 oz. Tropical Fruit	Meat Loaf w/ Gravy 4 oz. Mashed Potatoes 4 oz. Broccoli WW w/ Margarine Banana	Baked Pork Roast 4 oz. Rice 4 oz. Stewed Beans 4 oz. Peas WW Bread w/ Margarine 4 oz. Tropical Fruit	Chicken Breast Sandwich WW Roll 1/4c. Lettuce, 1 sl. Tomato 4 oz. Cooked Carrots 4 oz. Coleslaw 4 oz. Applesauce
Breaded Fish Fillet Tartar Sauce 4 oz. Steamed Cauliflower 4 oz. Macaroni Salad 4 oz. Apple Sauce	Arroz Con Pollo 4 oz. Steamed Broccoli 2 sl. Yellow Plantain 4 oz. Mandarin Oranges	Ham Slice w/ Pineapple 4 oz. Mashed Potatoes 4 oz. Corn WW Bread w/ Margarine 4 oz. Pudding	Baked Ziti w/ Ground Turkey 4 oz. Peas 4 oz. Fresh Salad Dinner Roll w/ Margarine 4 oz. Applesauce	Meatball Hoagie 3 oz. Meatballs Hoagie Roll 4 oz. Seasoned Red Potatoes 4 oz. Carrots 4 oz. Vanilla Pudding
Office Is Closed No Meals Will Be Served 	Chicken Cacciotore 4 oz. Rice 4 oz. Fresh Tossed Salad WW Bread w/ Margarine 4 oz. Pears	Chicken & Vegetable Stir Fry Green & Red Peppers 4 oz. Mashed Potatoes Dinner Roll w/ Margarine Fresh Apple	Beef Pot Roast 4 oz. Brown Rice 4 oz. Green Beans WW Bread w/ Margarine Fresh Banana	Beef & Vegetable Lasagna 4 oz. Steamed Broccoli Dinner Roll w/ Margarine 4 oz. Fruit Cocktail
California Cheeseburger Hamburger Bun 1sl. Tomatoes, 1/4c. Lettuce 4 oz. Oven Wedges 4 oz. Mandarin Oranges	Chicken Lo-Main 4 oz. Noodles 4 oz. Broccoli Cauliflower WW Bread w/ Margarine 4 oz. Fruit Cocktail	Beef & Vegetable Stir Fry 4 oz. Rice 4 oz. Stewed Bean Fresh Orange	RIDDLE OF THE MONTH  We have it at Christmas, but mostly at Easter, finding this treat couldn't be easier! Previous Answer:	Please contact the Meals on Wheels Office to <u>cancel or skip a meal</u> 610-374-3195 Ext. 220 * Menu Subject to Change*

*1% milk served with every meal