

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Contact our center to skip or cancel a meal (610) 374-3195 ext. 237</i></p>			<p><b>Tuna Salad Croissant</b> 3 oz. Tuna Fish 4 oz. 3 Beans Salad 1 Croissant 4 oz. Tapioca Pudding</p>	<p><i>Center will be closed and meals will not be served</i></p>
<p><b>Montreal Chicken &amp; Rice</b> 3 oz. Diced Chicken 4 oz. Rice Pilaf 4 oz. Peas and Carrots 4 oz. Pears *Montreal Chicken Seasoning</p>	<p><b>Baked Ham</b> 3 oz. Sliced Ham 4 oz. String beans 4 oz. Sweet Potato Bites WW Bread w/ Margarine 4 oz. Fruit Salad</p>	<p><b>Caribbean Jerk Fish</b> 3 oz. Crispy Cod 4 oz. Broccoli &amp; Red Peppers WG Bun 4 oz. Pineapple</p>	<p><b>Chicken Parmesan</b> Chicken &amp; Mozzarella Cheese 4 oz. Mashed Potatoes 4 oz. String Beans 4 oz. Mandarin Oranges</p>	<p><b>Salisbury Steak</b> 3 oz. Salisbury Steak 4 oz. Egg Noodles 4 oz. Peas Fresh Grapes *Gravy</p>
<p><b>Old Bay Cod</b> Cod Fillet 4 oz. Broccoli 4 oz. Mashed Potatoes WW Bun 4 oz. Peaches</p>	<p><b>Baked Pork Roast</b> 4 oz. Rice w/Pigeon Peas 4 oz. Fresh Tossed Salad WW Dinner Roll 4 oz. Tropical Fruit</p>	<p><b>Meatball Hoagie Marinara</b> 3 oz. Meatballs Hoagie Roll 4 oz. Seasoned Red Potatoes 4 oz. Carrots 4 oz. Applesauce Gravy</p>	<p><b>Chicken Pita</b> 3 oz. Chicken Tomato &amp; Cucumber Salad WG Pita Fresh Orange</p>	<p><b>Beef Stew</b> 4 oz. Bean Salad 4 oz. Brown Rice WW Bread &amp; Margarine Banana</p>
<p><b>Italian Sausage w/Peppers &amp; Onions</b> 3 oz. Italian Sausage W/Peppers &amp; Onions 4 oz. WW Pasta 4 oz. Zucchini 4 oz. Fruit Cocktail</p>	<p><b>Tuna Salad Sandwich</b> WW Bun 4 oz. Four Bean Salad Jello 4 oz. Mandarin Oranges</p>	<p><b>Chicken and Vegetables Sauté</b> w/Stir Fry Vegetables 4 oz. Brown Rice 4 oz. Pineapple Chunks</p>	<p><b>Shepherds Pie</b> Ground Beef w/Gravy 4 oz Mashed Potatoes 4 oz. Peas and Carrots WW Bread/Margarine 4 oz. Apple Sauce</p>	<p><b>Beef Frank</b> 2 oz. Sauerkraut 2 Potato &amp; Cheese Pierogis Hot Dog Bread 4 oz. Corn 4 oz. Peach</p>
<p><b>Chicken Fettuccini Alfredo</b> 3 oz. Diced Chicken 4 oz. Fettuccini Noodles w/ Sauce 4 oz. Peaches 4 oz. Broccoli</p>	<p><b>Hawaiian Meatballs</b> 3 oz. Meatballs 4 oz. Brown WG Rice 4 oz. Sweet Peas 4 oz. Pineapple</p>	<p><b>Chicken Nuggets</b> 4 oz. Mac &amp; Cheese 4 oz. Cauliflower WW Dinner Roll 4 oz. Mandarin Orange</p>	<p><b>Texas BBQ Beef</b> BBQ Beef Ribs 4 oz. Mashed Potatoes 4 oz. Corn Corn Bread Banana</p>	<p><b>Italian Hoagie</b> Ham, Salami &amp; Cheese Slices Lettuce, Tomatoes &amp; Onion 4 oz. Red Beets Apple slices pack Hoagie Roll</p>