

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Contact our office to skip or cancel a meal (610) 374-3195 ext. 220</i></p>			<p>Tuna Salad Croissant 3 oz. Tuna Fish 4 oz. 3 Beans Salad 1 Croissant 4 oz. Tapioca Pudding</p>	<p><i>Our center will be closed and meals will not be delivered</i></p>
<p>Montreal Chicken & Rice 3 oz. Diced Chicken 4 oz. Rice Pilaf 4 oz. Peas and Carrots 4 oz. Pears *Montreal Chicken Seasoning</p>	<p>Baked Ham 3 oz. Sliced Ham 4 oz. String beans 4 oz. Sweet Potato Bites WW Bread w/ Margarine 4 oz. Fruit Salad</p>	<p>Caribbean Jerk Fish 3 oz. Crispy Cod 4 oz. Broccoli & Red Peppers WG Bun 4 oz. Pineapple</p>	<p>Chicken Parmesan Chicken & Mozzarella Cheese 4 oz. Mashed Potatoes 4 oz. String Beans 4 oz. Mandarin Oranges</p>	<p>Salisbury Steak 3 oz. Salisbury Steak 4 oz. Egg Noodles 4 oz. Peas Fresh Grapes *Gravy</p>
<p>Old Bay Cod Cod Fillet 4 oz. Broccoli 4 oz. Mashed Potatoes WW Bun 4 oz. Peaches</p>	<p>Baked Pork Roast 4 oz. Rice w/Pigeon Peas 4 oz. Fresh Tossed Salad WW Dinner Roll 4 oz. Tropical Fruit</p>	<p>Meatball Hoagie Marinara 3 oz. Meatballs Hoagie Roll 4 oz. Seasoned Red Potatoes 4 oz. Carrots 4 oz. Applesauce Gravy</p>	<p>Chicken Pita 3 oz. Chicken Tomato & Cucumber Salad WG Pita Fresh Orange</p>	<p>Beef Stew 4 oz. Bean Salad 4 oz. Brown Rice WW Bread & Margarine Banana</p>
<p>Italian Sausage w/Peppers & Onions 3 oz. Italian Sausage W/Peppers & Onions 4 oz. WW Pasta 4 oz. Zucchini 4 oz. Fruit Cocktail</p>	<p>Tuna Salad Sandwich WW Bun 4 oz. Four Bean Salad Jello 4 oz. Mandarin Oranges</p>	<p>Chicken and Vegetables Sauté w/Stir Fry Vegetables 4 oz. Brown Rice 4 oz. Pineapple Chunks</p>	<p>Shepherds Pie Ground Beef w/Gravy 4 oz Mashed Potatoes 4 oz. Peas and Carrots WW Bread/Margarine 4 oz. Apple Sauce</p>	<p>Beef Frank 2 oz. Sauerkraut 2 Potato & Cheese Pierogis Hot Dog Bread 4 oz. Corn 4 oz. Peach</p>
<p>Chicken Fettuccini Alfredo 3 oz. Diced Chicken 4 oz. Fettuccini Noodles w/ Sauce 4 oz. Peaches 4 oz. Broccoli 4 oz. Peaches</p>	<p>Hawaiian Meatballs 3 oz. Meatballs 4 oz. Brown WG Rice 4 oz. Sweet Peas 4 oz. Pineapple</p>	<p>Chicken Nuggets 4 oz. Mac & Cheese 4 oz. Cauliflower WW Dinner Roll 4 oz. Mandarin Orange</p>	<p>Texas BBQ Beef BBQ Beef Ribs 4 oz. Mashed Potatoes 4 oz. Corn Corn Bread Banana</p>	<p>Italian Hoagie Ham, Salami & Cheese Slices Lettuce, Tomatoes & Onion 4 oz. Red Beets Apple slices pack Hoagie Roll</p>