

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homestyle Meat Loaf ³ W/LS Gravy 4 oz. Red Potatoes W/Parsley 4 oz. Steamed Broccoli Dinner roll w/ Margarine 4 oz. Applesauce	Chicken Salad Wrap ⁴ Lettuce, Tomato WW Tortilla 4 oz. Coleslaw 4 oz. Fruit Cocktail 4 oz. Chocolate Pudding	Pollock Bites ⁵ 3 oz. Pollock 4 oz. Mac & Cheese 4 oz. Yellow Squash & Red Peppers 4 oz. Peaches	Asian Beef Stir Fry ⁶ Stir Fry Vegetable LS Soy Sauce 4 oz. Brown Rice 4 oz. Mandarin Oranges	Glazed Ham Slices ⁷ W/ Pineapple 4 oz. Mashed Potatoes WW bread w/Margarine 4 oz. Fresh Salad Fresh Banana
Chicken Cacciatore ¹⁰ 4 oz. Chicken 4 oz. Brown Rice 4 oz. Winter Blend WW Bread/Margarine 4 oz. Fruit Cocktail	Lasagna roll with meat sauce ¹¹ LS Tomato Sauce with Beef 4 oz. Steamed Broccoli Dinner Roll 4 oz. Peaches	Tuscan Garlic Chicken ¹² 4 oz. Chicken WG Pita 4 oz. Zucchini 4 oz. Mandarin Orange	Beef W/Mushroom Sauce ¹³ 4 oz. Beef Cubes WG Egg Noodles 4 oz. Slices Carrots 4 oz. Pears	Cuban Sandwich ¹⁴ W/ Ham & Swiss Lettuce, Tomatoes slice WG Roll 4 oz. Coleslaw Banana
Shepherds Pie ¹⁷ Ground Beef w/Gravy 4 oz. Mashed Potatoes 4 oz. Peas and Carrots WW Bread/Margarine 4 oz. Apple Sauce	Chicken Parmesan ¹⁸ Chicken & Mozzarella Cheese WW Pasta 4 oz. String Beans 4 oz. Pudding	Baja Fish Tacos ¹⁹ Crispy Fish Sticks 4 oz. Cabbage Slaw 4 oz. Fiesta Corn Tortilla 4 oz. Mandarin Orange	Lemon Pepper Baked Chicken ²⁰ 3 oz. Baked Chicken 4 oz. Rice W/Beans 4 oz. California blend 4 oz. Peaches	Beef Frank ²¹ 2 oz. Sauerkraut 2 Potato & Cheese Pierogis Hot Dog Bread 4 oz. Corn Banana
Baked Fish ²⁴ 3 oz. Crispy Cod 4 oz. Macaroni & Cheese 4 oz. Stewed Tomatoes WW Bread w/Margarine 4 oz. Pears	Swedish Meatballs ²⁵ 3 oz. Beef Meatballs 4 oz. Egg Noodles 4 oz. Sliced Carrots 4 oz. Fresh Tossed Salad 4 oz. Fresh Fruits	Sloppy Joe Sandwich ²⁶ 3 oz. Ground Turkey 4 oz. Parmesan Roasted Cauliflower WW Bun Fresh Grapes	Crispy Oven Baked Chicken ²⁷ 4 oz. Green Beans and Bacon 4 oz. Brown Rice 4 oz. Pudding Vanilla Cake January's Birthday!!!	Roast Turkey ²⁸ 4 oz. Garlic Mashed Potatoes 4 oz. Brussel Sprouts 1 oz. Cranberry Sauce 4 oz. Baked Cinnamon Apple Dinner Roll/Margarine Gravy
Memorial Day ³¹ Our centers will be closed meals will not be served		Contact the meals on wheels office to skip or cancel meals 610-374-3195 ext. 220		

*1% milk served with every meal