

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>To skip or cancel your meals please Call Meals on wheels 610-374-3195 ext. 220</b></p>	<p><b>Turkey Ham Slice</b> 4oz Fresh Banana 4oz Stringbeans and Carrots 4oz Buttered Egg Noodles 3oz Turkey Ham</p>	<p><b>Chicken Nuggets</b> 4oz Mandarin Orange 4oz Cauliflower WW Dinner Roll 3oz Chicken Nuggets <i>Baked Sweet Potatoes</i></p>	<p><b>Spaguetti &amp; Meatballs</b> 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti w sauce 3oz Meatballs <i>Garlic Bread</i></p>	<p><b>Italian Hoagie</b> 4oz Fresh Apple 4 oz Red Beets WW Hoagie 1oz Ham, Salami and Cheese Slice <i>*Lettuce &amp; Tomato</i></p>
<p><b>Shepards Pie</b> 4oz Applesauce 4oz Mashed Potatoes WW Bread w/Margarine 3oz Ground Meat <i>LS Gravy</i></p>	<p><b>Lemon Pepper Baked Chicken</b> 4oz Canned Peaches 4oz Zucchini 4oz Brown Rice 3oz Chicken</p>	<p><b>BBQ Beef Patty</b> 4oz. Pears 4oz. Winter Blend WW Bun 3oz. BBQ Beef Patty</p>	<p><b>Chicken Curry Casserole</b> 4oz Fresh Banana 4oz Cauliflower 4oz Brown Rice 3oz Diced Chicken <i>Celery &amp; Carrots</i></p>	<p><b>Veterans Day!!!</b> <b>Centers will be closed Meals will not be Delivered</b></p>
<p><b>Chicken Nuggets</b> 4oz Mandarin Orange 4oz Corn 4oz Maccaroni and Cheese 3oz Chicken Nuggets <i>WW Dinner Roll</i></p>	<p><b>Baked Beef Roast*</b> 4oz Tropical Fruit*** 4oz Peas 4oz Rice W/ Stewed Beans 3oz Beef Roast</p>	<p><b>Spaguetti With Meat</b> 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti w sauce 3oz Ground Beef <i>Garlic Bread</i></p>	<p><b>Tuna Salad Croissant</b> 4oz Fresh Banana 4oz Green Beans WW Croissant 3oz Tuna Fish</p>	<p><b>Chicken and Vegetables Saute</b> 4oz Fresh Apple 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken Fajitas* <i>*W/ Onions &amp; peppers</i></p>
<p><b>Ham and Cheese Sandwich</b> 4oz Apricots 4oz Sweet Potato Bites WG Bread 3oz Turkey Ham and Cheese Slices</p>	<p><b>Swedish Meatballs</b> 4oz Canned Tropical Fruit 4oz Sliced Carrots 4oz Egg Noodles 3oz Beef Meatballs*</p>	<p><b>Roast Turkey</b> 4oz Baked Cinnamon Apples 4oz Brussel Sprouts 4oz Mashed Potatoes 3oz Roasted Turkey* <i>Dinner Roll/1oz Cranberry Sauce</i></p>	<p><b>Happy Thanksgiving!!!</b> <b>Centers will be closed Meals will not be Delivered</b></p>	<p><b>Centers will be closed Meals will not be Delivered</b></p>
<p><b>Beef Rollup</b> 4oz Canned Apricots 4oz Broccoli Hot Dog Bun 3oz Sliced Beef <i>2 Potato &amp; Cheese Pierogies</i></p>	<p><b>Chicken Salad Wrap</b> 4oz Fruit Cocktail 4oz Coleslaw WW Tortilla 3oz Chicken Salad <i>Lettuce, Tomato Slice</i></p>	<p><b>Beef Stew</b> 4oz Pineapple 4oz Sweet Potatoes 4oz Brown Rice 3oz Beef Stew</p>		