

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | <p>Skip or cancel your meals please call 610-374-3195 ext. 220</p> | <p>Chicken and Vegetables Sauté</p> <p>4 .oz Fresh Fruit 4 oz. Stir Fry Vegetables 4 oz. WG Brown Rice 3 oz. Chicken Fajitas</p> | <p>Old Bay Cod</p> <p>4 oz. Pears 4 oz. Corn 4 oz. Mashed Potatoes 3 oz. Cod Fish <i>Tartar Sauce*</i></p> | <p>Sloppy Joe Sandwich</p> <p>4 oz. Fresh Apple 4 oz. Potato Salad WW Bun 3 oz. Ground Turkey</p> |
| <p>Chicken Tenders</p> <p>4 oz. Applesauce 4 oz. Green Beans 4 oz. Macaroni & Cheese 3 oz. Chicken Tenders</p> | <p>Taco Tuesday Fiesta Beef</p> <p>4 oz. Peaches 4 oz. Lettuce, Tomatoes, Cheese 4 oz. Rice w/ pigeon peas 3 oz. Ground Beef <i>Tortilla</i></p> | <p>Spaghetti & Meatballs</p> <p>4 oz. Pears 4 oz. Steamed broccoli 4 oz. Spaghetti 3 oz. LS Tomato SC. Meatballs</p> | <p>Chicken Fricassee</p> <p>4 oz. Banana 4 oz. Peas 4 oz. WG Brown Rice 3 oz. Chicken Stew <i>Potatoes and Celery*</i></p> | <p>Cheeseburger</p> <p>4 oz. Pears 4 oz. Corn W.W Bun 3 oz. Hamburger & Cheese <i>Lettuce & Tomato slice</i></p> |
| <p>Meat Loaf</p> <p>4 oz.. Fresh Apple 4 oz. Mashed Potatoes 4 oz. Fresh Tossed Salad* 3 oz. Meat loaf <i>W.W Bread w/Margarine</i></p> | <p>Beef Pot Roast</p> <p>4 oz. Mandarin Oranges 4 oz. Red Beets 4 oz. Rice w/ pigeon peas 3 oz. Pot Roast</p> | <p>Philly Cheesesteak</p> <p>4 oz. Mixed Fruit 4 oz. Coleslaw W.W Hoagie Roll 3 oz. Beef Steak Slices & Cheese <i>Sauteed Mushrooms, Peppers & Onions</i></p> | <p>Chicken Teriyaki</p> <p>4 oz. Fresh Fruit 4 oz. Oriental Blend 4 oz. Yellow Rice 3 oz. Chicken Teriyaki <i>Spring Roll</i></p> | <p>Tuna Salad Croissant</p> <p>4 oz. Fresh Banana 4 oz. 3 Beans Salad W.G Croissant 3 oz. Tuna Fish</p> |
| <p>Turkey Ham Slice</p> <p>4 oz.. Applesauce 4 oz. Carrots 4 oz. Buttered Egg Noodles 3 oz. Turkey Ham</p> | <p>Beef Stew</p> <p>4 oz. Mixed Fruit 4 oz. Green Beans 4 oz. WG Brown Rice 3 oz. Beef Cubes & Sauce</p> | <p>Chicken & Cheese Quesadilla</p> <p>4 oz. Pineapple 4 oz. Corn W.W Tortilla 3 oz. Chicken & Shredded Cheese</p> | <p>Old Bay Cod</p> <p>4 oz. Pears 4 oz. Mixed Vegetables 4 oz. Mashed Potatoes 3 oz. Cod Fish</p> | <p>Meatball Hoagie Marinara</p> <p>4 oz. Applesauce 4 oz. Carrots W.W Hoagie Roll 3 oz. Meatballs</p> |
| <p>Chicken Tenders</p> <p>4 oz Fresh Fruit 4 oz Green Beans 4 oz Macaroni & Cheese 3 oz Chicken Tenders</p> | <p>Meatballs</p> <p>4 oz. Mandarin Oranges 4 oz. Sliced Carrots 4 oz. Egg Noodles 3 oz. Beef Meatballs*</p> | <p>Baked Pork</p> <p>4 oz. Fresh Banana W.W Dinner Roll 4 oz. Mashed Potatoes 3 oz. Baked Pork</p> | <p>Chicken Fajita</p> <p>4 oz. Applesauce 4 oz. Corn W.W Tortilla 3 oz. Chicken Slices*</p> | <p>Chili Dogs</p> <p>4 oz. Fresh Apple 1 Beef frank with 2 oz. Chili Hot Dog Bun 4 oz. Broccoli & Carrots</p> |

Sauce*

*Sautéed Peppers and Onions