

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please contact the Meals on Wheels Office to Skip or Cancel Meals 610-374-3195 ext. 220</p>		<p>1 Chicken Taco w/ Lettuce &amp; Tomato 1/2 c. Seasoned Corn &amp; Blackbeans 1/2 c. Spanish Rice Soft Tortilla Shell 1/2 c Pineapple</p>	<p>2 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2 c Green Beans 1 Wheat Bread 1/2 c Peach Crisp</p>	<p>3 Baked Salmon 1/2 c Parmesan Garlic Noodles 1/2 c Peas 1 Wheat Bread Seasonal Fresh Fruit</p>
<p>6 Sloppy Joe 1/2 c Ranch Roasted Potatoes 1/2 c Island Blend Vegetables 1 Hamburger Bun Seasonal Fresh Fruit</p>	<p>7 Chicken Marsala w/ 2 oz Mushroom Sauce 1/2 c. Blended Rice 1/2 c Carrots 1 Breadstick 1/2 c Applesauce</p>	<p>8 Pot Roast w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Green Beans Dinner Roll 1/2 c Pudding</p>	<p>9 Turkey Chef Salad 2 oz Turkey, 1oz Cheddar, over 1 c Mixed Greens w/ Tomato 1/2 c Pickled Beet Salad 1 Wheat Bread 1/2 c Fruited Gelatin</p>	<p>10 Roasted Pork w/ Peach Glaze 1/2 c Whipped Potatoes w/ Chives 1/2 c Mixed Vegetables 1 Wheat Bread Cookie</p>
<p>13 Philly Cheeseburger w/ Provolone, Peppers, &amp; Onions 1/2 c Potato Salad Sandwich Roll Fresh Seasonal Fruit</p>	<p>14 <b>Thanksgiving Special!</b> Pulled Turkey w/ Gravy 1/2 c Whipped Potatoes 1/2 c Green Beans 2 oz Stuffing Dinner Roll Pumpkin Pie</p>	<p>15 Cabbage Casserole w/ 2 oz Sauce 1 c Tossed Salad 1/2 c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>16 Baked Pollock 1/2 c Macaroni &amp; Cheese 1/2 c Stewed Tomatoes 1 Wheat Bread 1/2 c Mandarin Oranges</p>	<p>17 Swedish Meatballs (4) 1/2 c. Rice 1/2 c Peas 1 Wheat Bread 1/2 c Apple Crisp</p>
<p>20 Mango BBQ Chicken Breast 1/2 c. Brown Rice 1/2 c. Carrots Wheat Bread Fresh Orange</p>	<p>21 Lemon Dijon Pork Loin 1/2 c Buttered Pasta 1/2 c Mixed Vegetables 1 Wheat Bread 1/2 c Pineapple Tidbits</p>	<p>22 Baked Crab Cakes 1/2 c Cheesy Potatoes 1/2 c Peas 1 Wheat Bread 1/2 c Cottage Cheese &amp; Peaches</p>	<p>23 Happy Thanksgiving!!  Centers will be Closed for the Holiday</p>	<p>24  Centers will be Closed for the Holiday</p>
<p>27 BBQ Pulled Pork 1/2 c Creamy Coleslaw 1/2 c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit</p>	<p>28 Cheeseburger Stroganoff 1/2 c Peas 1 Breadstick Fresh Fruit  <i>*menu subject to change based on availability</i></p>	<p>29 Creamy Chicken Salad Sandwich Lettuce &amp; Tomato 1/2 c Broccoli Salad 2 Whole Wheat Bread 1/2 c Cinnamon Applesauce</p>	<p>30 Pepper Steak w/ Onions &amp; Peppers 1/2 c Whipped Potatoes 1/2 c Diced Carrots 1 Wheat Bread 1/2 c Blushed Pears</p>	