



JANUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy New Year OFFICE CLOSED	BBQ Chicken 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	Philly Cheesesteak 4oz Fresh Orange 4oz Green Beans WG Hoagie Roll 3oz Beef Steak Slices & Cheese Sauteed Mushroom, Peppers & Onion	Spaghetti 4oz Applesauce 4oz Diced Carrots 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	Cheeseburger 4oz Fresh Banana 4oz Corn WW Hamburger Bun 3oz Beef Patty Cheese, Lettuce & Tomato Slice
Chicken Tenders 4oz Pear 4oz Carrots 4oz Pasta Salad 3oz Chicken Tenders	Baked Pork 4oz Mixed Fruit 4oz Steamed Vegetables 4oz Mashed Potatoes 3oz Baked Pork WW Bread	Chicken Fricassee* 4oz Fresh Fruit 4oz California Blend 4oz Brown Rice 3oz Stewed Chicken w Potatoes/Laurel Leaves	Chicken Salad Wrap 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	Cuban Sandwich 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle WG Hoagie Bread 3oz w/ Ham, Swiss Cheese
Chicken Breast Sandwich 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Patty	Taco Tuesday 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	Chicken Fettucini Alfredo 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	Turkey Fricassee 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery*	Meatball Hoagie 4oz Pears 4oz Vegetable Blend WG Hoagie Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
Tuna Salad Croissant 4oz Tropical Fruit WW Croissant 4oz Carrots 3oz Tuna	Chicken Burrito 4oz Fresh Seasonal Fruit 4oz Corn WG Tortilla 3oz Diced Chicken	Beef Stew 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	Chili Dogs 4oz Fresh Apple 4oz Green Beans Hot Dog Bun 1 Beef frank with 2oz. Chili	Lemon Pepper Baked Chicken 4oz Peaches 4oz Vegetable Blend 4oz Mashed Potatoes 3oz Diced Chicken WG Dinner Roll
Chicken & Cheese Quesadilla 4oz Mixed Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	Sweet & Sour Chicken 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	Spaghetti & Meatballs 4oz Fresh Fruit 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs	Contact our Meals on Wheels Office to Skip or cancel 610-374-3195 ext. 201	

*1% milk served with every meal

NOTE: Items may be substituted based on availability