



# JANUARY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy New Year</b>  <b>OFFICE CLOSED</b> <b>No Delivery</b>	<b>BBQ Chicken</b>  4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	<b>Philly Cheesesteak</b>  4oz Fresh Orange 4oz Green Beans WG Hoagie Roll 3oz Beef Steak Slices & Cheese Sauteed Mushroom, Peppers & Onion	<b>Spaghetti</b>  4oz Applesauce 4oz Diced Carrots 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	<b>Cheeseburger</b>  4oz Fresh Banana 4oz Corn WW Hamburger Bun 3oz Beef Patty Cheese, Lettuce & Tomato Slice
<b>Chicken Tenders</b>  4oz Pear 4oz Carrots 4oz Pasta Salad 3oz Chicken Tenders	<b>Baked Pork</b>  4oz Mixed Fruit 4oz Steamed Vegetables 4oz Mashed Potatoes 3oz Baked Pork WW Bread	<b>Chicken Fricassee*</b>  4oz Fresh Fruit 4oz California Blend 4oz Brown Rice 3oz Stewed Chicken <i>w Potatoes/Laurel Leaves</i>	<b>Chicken Salad Wrap</b>  4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	<b>Cuban Sandwich</b>  4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle WG Hoagie Bread 3oz w/ Ham, Swiss Cheese
<b>Chicken Breast Sandwich</b>  4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Patty	<b>Taco Tuesday</b>  4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	<b>Chicken Fettucini Alfredo</b>  4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	<b>Turkey Fricasse</b>  4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery*	<b>Meatball Hoagie</b>  4oz Pears 4oz Vegetable Blend WG Hoagie Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
<b>Tuna Salad Croissant</b>  4oz Tropical Fruit WW Croissant 4oz Carrots 3oz Tuna	<b>Chicken Burrito</b>  4oz Fresh Seasonal Fruit 4oz Corn WG Tortilla 3oz Diced Chicken	<b>Beef Stew</b>  4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	<b>Chili Dogs</b>  4oz Fresh Apple 4oz Green Beans Hot Dog Bun 1 Beef frank with 2oz. Chili	<b>Lemon Pepper Baked Chicken</b>  4oz Peaches 4oz Vegetable Blend 4oz Mashed Potatoes 3oz Diced Chicken WG Dinner Roll
<b>Chicken &amp; Cheese Quesadilla</b>  4oz Mixed Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	<b>Sweet &amp; Sour Chicken</b>  4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	<b>Spaghetti &amp; Meatballs</b>  4oz Fresh Fruit 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs	<b>Contact our Meals on Wheels</b> <b>Office to Skip or cancel</b> <b>610-374-3195</b> <b>ext. 220</b>	

\*1% milk served with every meal

NOTE: Items may be substituted based on availability