

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Tuna Salad Croissant</b> 4oz Pineapple 4oz Green beans WG Croissant 3oz Tuna	<b>2</b> <b>Shepards Pie</b> 4oz Appleslices 2oz Peas and Carrots WG Roll 3oz Ground Beef 4oz Mashed Potatoes	<b>3</b> <b>Roast Beef</b> 4oz Pears 4oz Mixed Vegetables 4oz Rice With Beans 3oz Roast Beef	<b>4</b> <b>Chicken Nuggets</b> 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets	<b>5</b> <b>Italian Hoagie</b> 4oz Fresh Apple 4 oz Red Beets WG Hoagie 1oz Ham, Salami and Cheese Slice <i>*Lettuce &amp; Tomato</i>
<b>8</b> <b>Salisbury Steak</b> 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	<b>9</b> <b>Chicken Curry Casserole</b> 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots	<b>10</b> <b>Sloppy Joe Sandwich</b> 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	<b>11</b> <b>Beef with Mushroom Sauce</b> 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* <i>Mushrooms*</i>	<b>12</b> <b>Chicken Parmesan</b> 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
<b>15</b> <b>Montreal Chicken &amp; Rice</b> 4oz Fresh Seasonal Fruit 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken	<b>16</b> <b>Turkey Burger</b> 4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger	<b>17</b> <b>BBQ Ribs</b> 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Pork Ribs 4oz Mashed Potatoes	<b>18</b> <b>Lasagna Roll w Meat Sauce</b> 4oz Fresh Orange 4oz Steamed Broccoli Lasagna Roll w Cheese 3oz Ground Meat in Sauce WG Roll	<b>19</b> <b>Chicken Fajita</b> 4oz Mixed Fruit 4oz Corn WG 6" Tortilla 3oz Fajita Chicken w/Cheese <i>Sauteed Peppers and Onions</i>
<b>22</b> <b>Homestyle Meat Loaf</b> 4oz Clementine 4oz Green Beans 2 WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	<b>23</b> <b>BBQ Chicken</b> 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	<b>24</b> <b>Philly Cheesesteak</b> 4oz Pear 4oz Coleslaw Hoagie Roll 3oz Beef Steak Slices & Cheese* <i>Mushrooms, Pepps &amp; Onion*</i>	<b>25</b> <b>Spaghetti w Meat Sauce</b> 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	<b>26</b> <b>Cheeseburger</b> 4oz Appleslices 4oz Lettuce and Tomato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
<b>29</b> <b>Chicken Tenders</b> 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders	<b>30</b> <b>Glazed Ham Slice</b> 4oz Mixed Fruit 4oz Steamed Vegetables WG Bread w/Margarine 3oz Ham w/ Pineapple 4oz Mashed Potatoes	<b>To Skip or cancel            Your meals please            Contact our office            (610) 374-3195            Ext. 220</b>		

\*1% milk served with every meal

NOTE: Items may be substituted based on availability and lunch menu