

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>To skip or cancel a meals</b> <b>Please call</b> <b>The Meals On Wheels Office</b> <b>At: 610-374-3195</b> <b>Ext. 220</b></p>		<p><b>Chicken Fricassee*</b> <sup>1</sup></p> <p>4 oz Fresh Fruit 4 oz. California Blend 4 oz Brown Rice 3 oz Stewed Chicken <b>w Potatoes/Laurel Leaves</b></p>	<p><b>Chicken Salad Wrap</b> <sup>2</sup></p> <p>4 oz Pineapple 4 oz Coleslaw WG Tortilla 3 oz Chicken Salad</p>	<p><b>Cuban Sandwich</b> <sup>3</sup></p> <p>4 oz Tropical Fruit 4 oz Lettuce, Tomato, Pickle WG Hoagie Bread 3 oz w/ Ham, Swiss Cheese</p>
<p><b>Chicken Breast Sandwich</b> <sup>6</sup></p> <p>4 oz Appleslices 4 oz Cooked Carrots WG roll 3 oz Chicken Patty</p>	<p><b>Taco Tuesday</b> <sup>7</sup></p> <p>4 oz Pineapple Chunks 4 oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3 oz Beef &amp; Cheese <b>4 oz Rice w/ Beans</b></p>	<p><b>Chicken Fettucini Alfredo</b> <sup>8</sup></p> <p>4 oz Peaches 4 oz Broccoli 4 oz Fettucini Noodles with Sauce 3 oz Diced Chicken</p>	<p><b>Turkey Fricasse</b> <sup>9</sup></p> <p>4 oz Applesauce 4 oz Peas 4 oz Brown Rice 3 oz Turkey Cubes <b>Potatoes, Carrots, Celery*</b></p>	<p><b>Meatball Hoagie</b> <sup>10</sup></p> <p>4 oz Pears 4 oz Vegetable Blend WG Hoagie Roll 3 oz Beef Meatballs <b>4 oz Seasoned Red Potatoes</b></p>
<p><b>Tuna Salad Croissant</b> <sup>13</sup></p> <p>4 oz Tropical Fruit WW Croissant 4 oz Carrots 3 oz Tuna</p>	<p><b>Chicken Burrito</b> <sup>14</sup></p> <p>4 oz Fresh Seasonal Fruit 4 oz Corn WG Tortilla 3 oz Diced Chicken</p>	<p><b>Beef Stew</b> <sup>15</sup></p> <p>4 oz Mixed Fruit 4 oz Green Beans 4 oz WG Brown Rice 3 oz Beef Cubes</p>	<p><b>Chili Dogs</b> <sup>16</sup></p> <p>4 oz Fresh Apple 4 oz Green Beans Hot Dog Bun 1 Beef frank with 2 oz. Chili</p>	<p><b>Lemon Pepper Baked Chicken</b> <sup>17</sup></p> <p>4 oz Peaches 4 oz Vegetable Blend 4 oz Mashed Potatoes 3 oz Diced Chicken <b>WG Dinner Roll</b></p>
<p><b>Chicken &amp; Cheese Quesadilla</b> <sup>20</sup></p> <p>4 oz Mixed Fruit 4 oz Corn WG Tortilla 3 oz Chicken &amp; Cheese <i>Salsa</i></p>	<p><b>Centers will be close no Meals on Wheels On This day</b> <sup>21</sup></p>	<p><b>Spaghetti &amp; Meatballs</b> <sup>22</sup></p> <p>4 oz Fresh Fruit 4 oz Carrots 4 oz Spaghetti 3 oz LS Tomato SC. Meatballs</p>	<p><b>Italian Chicken Pattie</b> <sup>23</sup></p> <p>4 oz Appleslices 4 oz Mixed Vegetables WG Bun 3 oz Chicken Pattie</p>	<p><b>Roast Beef</b> <sup>24</sup></p> <p>4 oz Fresh Seasonal Fruit 4 oz California Blend 4 oz Rice With Beans 3 oz Roast Beef</p>
<p><b>Memorial Day</b> <b>No meal will be delivered</b> <sup>27</sup></p>	<p><b>Shepards Pie</b> <sup>28</sup></p> <p>4 oz Appleslices 2 oz Peas and Carrots WG Roll 3 oz Ground Beef 4 oz Mashed Potatoes</p>	<p><b>Roast Beef</b> <sup>29</sup></p> <p>4 oz Pears 4 oz Mixed Vegetables 4 oz Rice With Beans 3 oz Roast Beef</p>	<p><b>Chicken Nuggets</b> <sup>30</sup></p> <p>4 oz Mandarin Orange 4 oz Cauliflower 4 oz Mac and Cheese 3 oz Chicken Nuggets</p>	<p><b>Italian Hoagie</b> <sup>31</sup></p> <p>4 oz Fresh Apple 4 oz Red Beets WG Hoagie 1 oz Ham, Salami and Cheese Slice <b>*Lettuce &amp; Tomato</b></p>

\*1% milk served with every meal

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