

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To skip or cancel a meal Please contact the office for Meals on Wheels 610-374-3195 ext 220</p>		<p>1 Western Omelet w/ Ham, Peppers, Onions, Cheese 1 Sausage Patty 1/2 c Breakfast Potatoes 1 English Muffin w/ Jelly 4 oz Apple Juice</p>	<p>2 Grilled Chicken Caesar Salad 1 c Mixed Greens Diced Chicken 1t Parmesan, Tomato, Croutons 1/2 c Three Bean Salad Dinner Roll 1/2 c Blushed Pears</p>	<p>3 Mango BBQ Chicken Breast 1/2 c. Brown Rice 1/2 c. Carrots Wheat Bread Fresh Orange</p>
<p>6 Stadium Hot Dog 1/2 c Cheesy Potatoes 1/2 c Green Beans 1 Hot Dog Roll 1/2 c Pineapple & Mandarin Oranges</p>	<p>7 Baked Salmon w/ White Wine Cream Sauce 1/2 c White Rice 1/2 c Island Blend Vegetables Wheat Bread 1/2 c Cinnamon Applesauce</p>	<p>8 Pot Roast w/ Gravy 1/2 c Mashed Potatoes 1/2 c Mixed Vegetables 1 White Bread Seasonal Fresh Fruit</p>	<p>9 Salisbury Steak w/ Gravy Baked Potato w/ Margarine 1/2 c Warm Beets 1 Wheat Bread 1/2 c Gelatin</p>	<p>10 Pesto Chicken 1/2 c Buttered Pasta 1 c Tossed Salad w/ tomato & dressing Dinner Roll 1/2 c Peach Crisp</p>
<p>13 1 c Pizza Casserole 1/2 c Peas 1 White Bread Seasonal Fresh Fruit</p>	<p>14 Baked Meatloaf w/ Gravy 1/2 c Buttered Noodles 1 c Tossed Salad 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>15 Roast Pork w/ 2oz Sauerkraut 1/2 c Whipped Potatoes w/ Chives 1/2 c Mixed Vegetables 1 Wheat Bread Cookie</p>	<p>16 Baked Pollock 1/2 c Macaroni & Cheese 1/2 c Spinach 1 Wheat Bread 1/2 c Mandarin Oranges</p>	<p>17 Taco Bake 3 oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa Tortilla Chips 1/2 c Corn w/ Pimentos 1/2 c Pineapple</p>
<p>20 BBQ Pulled Pork Sandwich 1/2 c Green Beans 1/2 c Ranch Potatoes Sandwich Roll Cookie</p>	<p>21 Centers will not be open Meals on Wheels Will not be delivering meals</p>	<p>22 Open Faced Turkey Sandwich w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Sweet Corn 1 White Bread 1 Cookie</p>	<p>23 Cheeseburger w/ Lettuce, Tomato 1/2 c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>24 Chicken, Spinach & Cranberry Salad w/ Dressing 3 oz chix, .5 oz cheese, 1t. Cran 1 c Mixed Greens & Spinach 1/2 c Beets 1 Breadstick 1/2 c Pears</p>
<p>27</p>	<p>28 Teriyaki Chicken 1/2 c Vegetable Rice Pilaf 1/2 c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>29 Sliced Ham w/ Pineapple Sauce 1/2 c Whipped Sweet Potatoes 1/2 c Green Beans 1 Dinner Roll 1 Cookie</p>	<p>30 Orange Glazed Pork Loin 1/2 c Buttered Pasta 1/2 c California Blend 1 Wheat Bread 1/2 c Peach Crisp <i>*menu subject to change</i></p>	<p>31 1/2 c Tuna Salad Sandwich w/lettuce & tomato 1/2 c Broccoli Salad 1/2 c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>