



JUNE 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salisbury Steak 4 oz Mixed Fruit 4 oz Broccoli WG Roll 3 oz Beef Patty w Ls Gravy 4 oz Mashed Potatoes	Chicken Curry Casserole 4 oz Pineapple Chunks 4 oz Stir Fry Vegetables* 4 oz Brown Rice 3 oz Diced Chicken celery & carrots	Sloppy Joe Sandwich 4 oz Fresh Seasonal Fruit 4 oz Potato Salad WG Bun 3 oz Ground Turkey & Sauce	Beef with Mushroom Sauce 4 oz Pears 4 oz Mixed Vegetables 4 oz WG Rice 3 oz Beef & Sauce* Mushrooms*	Chicken Parmesan 4 oz Fresh Orange 4 oz Carrots 4 oz WG Pasta 3 oz Chicken Breast & Cheese*
Montreal Chicken & Rice 4 oz Fresh Pear 4 oz Peas and Carrots 4 oz Rice Pilaf 3 oz Diced chicken	Turkey Burger 4 oz Tropical Fruit 4 oz Lettuce and Tomato WW Bun 3 oz Turkey Burger	Texas BBQ Beef 4 oz Pears 4 oz Winter Blend WG Corn Bread 3 oz BBQ Beef Rib 4 oz Mashed Potatoes	Lasagna Roll with Meat Sauce 4 oz Fresh Orange 4 oz Steamed Broccoli WG Roll 3 oz Ground Meat in Sauce	Chicken Fajita 4 oz Pears 4 oz Corn WG 8" Tortilla 3 oz Fajita Chicken w/Cheese Sautéed Peppers and Onions
Homestyle Meat Loaf 4 oz Clementine 4 oz Green Beans WG Bread w/ Margarine 3 oz Meatloaf 4 oz Mashed Potatoes	BBQ Chicken 4 oz Seasonal Fresh Fruit 4 oz California blend 4 oz Brown Rice 3 oz Chicken	Centers will be close no Meals on Wheels On This day To Skip Or Cancel Call: 610-374-3195 ext. 220	Spaghetti w Meat Sauce 4 oz Fresh Orange 4 oz Steamed Broccoli 4 oz WG Spaghetti 3 oz Ground Beef & Sauce Garlic Bread	Cheeseburger 4 oz Appleslices 4 oz Lettuce and Tomato Slice WG Bun 3 oz Hamburger & Cheese 4 oz Baked Wedge Fries
Chicken Tenders 4 oz Fresh Seasonal Fruit 4 oz Green Beans 4 oz WG Macaroni & Cheese 3 oz Chicken Tenders	Glazed Turkey Ham Slice 4 oz Mixed Fruit 4 oz Fresh Tossed Salad* WG Bread w/Margarine 3 oz Turkey Ham w/ Pineapple 4 oz Mashed Potatoes	Chicken Stew 4 oz Applesauce 4 oz Peas 4 oz Brown Rice 3 oz Stewed Chicken * Potatoes, Carrots, Celery*	Chicken Salad Wrap 4 oz Pineapple 4 oz Coleslaw WG Tortilla 3 oz Chicken Salad	Cuban Sandwich 4 oz Tropical Fruit 4 oz Lettuce, Tomato, Pickle slice WG Bread 3 oz Ham, Swiss Cheese
*1% milk served with every meal		NOTE: Items may be substituted based on availability and lunch menu		