



# August 2024



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| <p><b>Contact our Meals on Wheels Office to Skip or cancel 610-374-3195 ext. 220</b></p>  |  |   | <p><b>Beef with Mushroom Sauce</b><br/>4oz Pears<br/>4oz Mixed Vegetables<br/>4oz WG Rice<br/>3oz Beef &amp; Sauce*<br/><i>Mushrooms*</i></p>            | <p><b>Chicken Parmesan</b><br/>4oz Fresh Orange<br/>4oz Carrots<br/>4oz WG Pasta<br/>3oz Chicken Breast &amp; Cheese*</p>                              |
| <p><b>Montreal Chicken &amp; Rice</b><br/>4oz Fresh Seasonal Fruit<br/>4oz Peas and Carrots<br/>4oz Rice Pilaf<br/>3oz Diced chicken</p>      | <p><b>Turkey Burger</b><br/>4oz Tropical Fruit<br/>4oz Lettuce and Tomato<br/>WW Bun<br/>3oz Turkey Burger</p>   | <p><b>BBQ Ribs</b><br/>4oz Pears<br/>4oz Winter Blend<br/>WG Corn Bread<br/>3oz BBQ Pork Ribs<br/>4oz Mashed Potatoes</p>                                       | <p><b>Lasagna Roll w Meat Sauce</b><br/>4oz Fresh Orange<br/>4oz Steamed Broccoli<br/>Lasagna Roll w Cheese<br/>3oz Ground Meat in Sauce<br/>WG Roll</p> | <p><b>Chicken Fajita</b><br/>4oz Mixed Fruit<br/>4oz Corn<br/>WG 6" Tortilla<br/>3oz Fajita Chicken w/Cheese<br/><i>Sauteed Peppers and Onions</i></p> |
| <p><b>Homestyle Meat Loaf</b><br/>4oz Clementine<br/>4oz Green Beans<br/>2 WG Bread w/ Margarine<br/>3oz Meatloaf<br/>4oz Mashed Potatoes</p> | <p><b>BBQ Chicken</b><br/>4oz Seasonal Fresh Fruit<br/>4oz California blend<br/>4oz Brown Rice<br/>3oz Chicken</p>   | <p><b>Philly Cheesesteak</b><br/>4oz Pear<br/>4oz Coleslaw<br/>Hoagie Roll<br/>3oz Beef Steak Slices &amp; Cheese*<br/><i>Mushrooms, Pepps &amp; Onion*</i></p> | <p><b>Spaghetti w Meat Sauce</b><br/>4oz Fresh Orange<br/>4oz Steamed Broccoli<br/>4oz WG Spaghetti<br/>3oz Ground Beef &amp; Sauce<br/>Garlic Bread</p> | <p><b>Cheeseburger</b><br/>4oz Appleslices<br/>4oz Lettuce and Tomato Slice<br/>WG Bun<br/>3oz Hamburger &amp; Cheese<br/>4oz Baked Wedge Fries</p>    |
| <p><b>Chicken Tenders</b><br/>4oz Pear<br/>4oz Carrots<br/>4oz Pasta Salad<br/>3oz Chicken Tenders</p>  | <p><b>Baked Pork</b><br/>4oz Mixed Fruit<br/>4oz Steamed Vegetables<br/>4oz Mashed Potatoes<br/>3oz Baked Pork<br/><i>WW Bread</i></p>                                   | <p><b>Chicken Fricassee*</b><br/>4oz Fresh Fruit<br/>4oz. California Blend<br/>4oz Brown Rice<br/>3oz Stewed Chicken<br/><i>w Potatoes/Laurel Leaves</i></p>    | <p><b>Chicken Salad Wrap</b><br/>4oz Pineapple<br/>4oz Coleslaw<br/>WG Tortilla<br/>3oz Chicken Salad</p>  | <p><b>Cuban Sandwich</b><br/>4oz Tropical Fruit<br/>4oz Lettuce, Tomato, Pickle<br/>WG Hoagie Bread<br/>3oz w/ Ham, Swiss Cheese</p>                   |
| <p><b>Chicken Breast Sandwich</b><br/>4oz Appleslices<br/>4oz Cooked Carrots<br/>WG roll<br/>3oz Chicken Patty</p>                            | <p><b>Taco Tuesday</b><br/>4oz Pineapple Chunks<br/>4oz Lettuce, Tomatoes, Onions<br/>WG Flour Tortilla Shell<br/>3oz Beef &amp; Cheese<br/><i>4oz Rice w/ Beans</i></p> | <p><b>Chicken Fettucini Alfredo</b><br/>4oz Peaches<br/>4oz Broccoli<br/>4oz Fettucini Noodles with Sauce<br/>3oz Diced Chicken</p>                             | <p><b>Turkey Fricasse</b><br/>4oz Applesauce<br/>4oz Peas<br/>4oz Brown Rice<br/>3oz Turkey Cubes<br/><i>Potatoes, Carrots, Celery*</i></p>              | <p><b>Meatball Hoagie</b><br/>4oz Pears<br/>4oz Vegetable Blend<br/>WG Hoagie Roll<br/>3oz Beef Meatballs<br/><i>4oz Seasoned Red Potatoes</i></p>     |

\*1% milk served with every meal

NOTE: Items may be substituted based on availability