



August 2024



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>To Skip or cancel Your meals please Contact our office (610) 374-3195 Ext. 201</p> | | | <p>Beef with Mushroom Sauce¹</p> <p>4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* <i>Mushrooms*</i></p> | <p>Chicken Parmesan²</p> <p>4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*</p> |
| <p>Montreal Chicken & Rice⁵</p> <p>4oz Fresh Seasonal Fruit 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken</p> | <p>Turkey Burger⁶</p> <p>4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger</p> | <p>BBQ Ribs⁷</p> <p>4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Pork Ribs 4oz Mashed Potatoes</p> | <p>Lasagna Roll w Meat Sauce⁸</p> <p>4oz Fresh Orange 4oz Steamed Broccoli Lasagna Roll w Cheese 3oz Ground Meat in Sauce WG Roll</p> | <p>Chicken Fajita⁹</p> <p>4oz Mixed Fruit 4oz Corn WG 6" Tortilla 3oz Fajita Chicken w/Cheese <i>Sauteed Peppers and Onions</i></p> |
| <p>Homestyle Meat Loaf¹²</p> <p>4oz Clementine 4oz Green Beans 2 WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes</p> | <p>BBQ Chicken¹³</p> <p>4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken</p> | <p>Philly Cheesesteak¹⁴</p> <p>4oz Pear 4oz Coleslaw Hoagie Roll 3oz Beef Steak Slices & Cheese* <i>Mushrooms, Pepps & Onion*</i></p> | <p>Spaghetti w Meat Sauce¹⁵</p> <p>4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread</p> | <p>Cheeseburger¹⁶</p> <p>4oz Appleslices 4oz Lettuce and Tomato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries</p> |
| <p>Chicken Tenders¹⁹</p> <p>4oz Pear 4oz Carrots 4oz Pasta Salad 3oz Chicken Tenders</p> | <p>Baked Pork²⁰</p> <p>4oz Mixed Fruit 4oz Steamed Vegetables 4oz Mashed Potatoes 3oz Baked Pork <i>WW Bread</i></p> | <p>Chicken Fricassee*²¹</p> <p>4oz Fresh Fruit 4oz. California Blend 4oz Brown Rice 3oz Stewed Chicken <i>w Potatoes/Laurel Leaves</i></p> | <p>Chicken Salad Wrap²²</p> <p>4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad</p> | <p>Cuban Sandwich²³</p> <p>4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle WG Hoagie Bread 3oz w/ Ham, Swiss Cheese</p> |
| <p>Chicken Breast Sandwich²⁶</p> <p>4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Patty</p> | <p>Taco Tuesday²⁷</p> <p>4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese <i>4oz Rice w/ Beans</i></p> | <p>Chicken Fettucini Alfredo²⁸</p> <p>4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken</p> | <p>Turkey Fricasse²⁹</p> <p>4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes <i>Potatoes, Carrots, Celery*</i></p> | <p>Meatball Hoagie³⁰</p> <p>4oz Pears 4oz Vegetable Blend WG Hoagie Roll 3oz Beef Meatballs <i>4oz Seasoned Red Potatoes</i></p> |

*1% milk served with every meal

NOTE: Items may be substituted based on availability