

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>To Skip or cancel Your meals please Contact our center (610) 374-3195 Ext. 201</p>	<p>Turkey Burger ¹</p> <p>4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger</p>	<p>Texas BBQ Beef ²</p> <p>4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Beef Rib 4oz Mashed Potatoes</p>	<p>Lasagna Roll with Meat Sauce ³</p> <p>4oz Fresh Orange 4oz Steamed Broccoli WG Roll 3oz Ground Meat in Sauce</p>
<p>Homestyle Meat Loaf ⁷</p> <p>4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes</p>	<p>BBQ Chicken ⁸</p> <p>4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken</p>	<p>Philly Cheesesteak ⁹</p> <p>4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese <i>Mushrooms, Peps & Onion</i></p>	<p>Spaghetti w Meat Sauce ¹⁰</p> <p>4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread</p>
<p>Chicken Tenders ¹⁴</p> <p>4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders</p>	<p>Glazed Turkey Ham Slice ¹⁵</p> <p>8oz Low Fat Milk 4oz Mixed Fruit 4oz Fresh Tossed Salad* WG Bread w/Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes</p>	<p>Chicken Stew ¹⁶</p> <p>8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * <i>Potatoes, Carrots, Celery*</i></p>	<p>Chicken Salad Wrap ¹⁷</p> <p>8oz Low Fat Milk 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad</p>
<p>Chicken Breast Sandwich ²²</p> <p>8oz Low Fat Milk 4oz Apple slices 4oz Cooked Carrots WG roll 3oz Chicken Breast</p>	<p>Taco Tuesday-Fiesta Beef ²³</p> <p>8oz Low Fat Milk 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans</p>	<p>Chicken Fettuccini Alfredo ²⁴</p> <p>8oz Low Fat Milk 4oz Peaches 4oz Broccoli 4oz Fettuccini Noodles with Sauce 3oz Diced Chicken</p>	<p>Turkey Fricassee ²⁵</p> <p>8oz Low Fat Milk 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes <i>Potatoes, Carrots, Celery</i></p>
<p>Tuna Salad Croissant ²⁸</p> <p>8oz Low Fat Milk 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna 4oz Mashed Potatoes</p>	<p>Chicken Burrito ²⁹</p> <p>8oz Low Fat Milk 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken</p>	<p>Beef Stew ³⁰</p> <p>4oz Fresh Banana 4oz. California Blend 4oz Brown Rice 3oz Stewed Chicken w Potatoes/Laurel Leaves</p>	<p>Baked Turkey ³¹</p> <p>4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey 4oz Mashed Potatoes</p>

*1% milk served with every meal

NOTE: Items may be substituted based

FRIDAY

4

Chicken Fajita

4oz Pears
4oz Corn
WG 8" Tortilla
3oz Fajita Chicken w/Cheese
Sauteed Peppers and Onions

11

Cheeseburger

4oz Apple slices
4oz Lettuce and Tomato Slice
WG Bun
3oz Hamburger & Cheese
4oz Baked Wedge Fries

18

Cuban Sandwich

8oz Low Fat Milk
4oz Tropical Fruit
4oz Lettuce, Tomato, Pickle
slice WG Bread
3oz Ham, Swiss Cheese

26

Meatball Hoagie

8oz Low Fat Milk
4oz Pears
4oz Vegetable Blend
WG Roll
3oz Beef Meatballs
4oz Seasoned Red Potatoes