

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <p><b>To Skip or cancel Your meals please Contact our center (610) 374-3195 Ext. 201</b></p>  |   |  |  | <p><b>Lemon Pepper Baked Chicken</b><br/>4 oz Peaches<br/>4 oz Vegetable Blend<br/>4 oz Pasta Salad<br/>3 oz Diced Chicken<br/>WG Dinner Roll</p> |
| <p><b>Chicken &amp; Cheese Quesadilla</b><br/>4 oz Seasonal Fresh Fruit<br/>4 oz Corn<br/>WG Tortilla<br/>3 oz Chicken &amp; Cheese Salsa</p> | <p><b>Sweet &amp; Sour Chicken</b><br/>4 oz Fresh Orange<br/>4 oz Stir Fry Vegetables<br/>4 oz Brown Rice<br/>3 oz Chicken*</p>                               | <p><b>Spaghetti &amp; Meatballs</b><br/>4 oz Pears<br/>4 oz Carrots<br/>4 oz Spaghetti<br/>3 oz LS Tomato SC. Meatballs</p>  | <p><b>Italian Chicken Pattie</b><br/>4 oz Apple slices<br/>4 oz Mixed Vegetables<br/>WG Bun<br/>3 oz Chicken Pattie</p>                    | <p><b>Roast Beef</b><br/>4 oz Fresh Seasonal Fruit<br/>4 oz California Blend<br/>4 oz Rice With Beans<br/>3 oz Roast Beef</p>                     |
| <p><b>Fish</b><br/>4 oz Fruit Cocktail<br/>4 oz Stewed Tomatoes<br/>WG Bun<br/>3 oz Crispy Cod<br/>Tartar Sauce</p>                           | <p><b>Shepards Pie</b><br/>4oz Apple slices<br/>4oz Peas and Carrots<br/>WG Roll<br/>3 Ground Beef<br/>4oz Mashed Potatoes</p>                                | <p><b>Beef</b><br/>2oz Pear<br/>4oz Mixed Vegetables<br/>4oz Rice With Beans<br/>3oz Beef</p>  | <p><b>Chicken Nuggets</b><br/>4oz Mandarin Orange<br/>4oz Cauliflower<br/>4oz Mac and Cheese<br/>3oz Chicken Nuggets</p>                   | <p><b>Turkey Ham &amp; Cheese Sandwich</b><br/>4 oz Applesauce<br/>4oz Peas<br/>WG Bread<br/>3 oz Turkey Ham and Cheese Slices</p>                |
| <p><b>Salisbury Steak</b><br/>4 oz Mixed Fruit<br/>4 oz Broccoli<br/>WG Roll<br/>3 oz Beef Patty w Ls Gravy<br/>4 oz Mashed Potatoes</p>      | <p><b>Chicken Curry Casserole</b><br/>4 oz Pineapple Chunks<br/>4 oz Stir Fry Vegetables*<br/>4 oz Brown Rice<br/>3 oz Diced Chicken celery &amp; carrots</p> | <p><b>Sloppy Joe Sandwich</b><br/>4 oz Fresh Seasonal Fruit<br/>4 oz Potato Salad<br/>WG Bun<br/>3 oz Ground Turkey &amp; Sauce</p>                                  | <p><b>Beef with Mushroom Sauce</b><br/>4 oz Pears<br/>4 oz Mixed Vegetables<br/>4 oz WG Rice<br/>3 oz Beef &amp; Sauce*<br/>Mushrooms*</p> | <p><b>Chicken Parmesan</b><br/>4 oz Fresh Orange<br/>4 oz Carrots<br/>4 oz WG Pasta<br/>3 oz Chicken Breast &amp; Cheese</p>                      |
| <p><b>Montreal Chicken &amp; Rice</b><br/>4oz Fresh Pear<br/>4oz Peas and Carrots<br/>4oz Rice Pilaf<br/>3oz Diced chicken</p>                | <p><b>Turkey Burger</b><br/>4 oz Tropical Fruit<br/>4 oz Lettuce and Tomato<br/>WW Bun<br/>3 oz Turkey Burger</p>   | <p><b>Baked Turkey</b><br/>4 oz Baked Cinnamon Apples<br/>4 oz Mixed Vegetables<br/>WG Dinner Roll w/ Margarine<br/>3 oz Roasted Turkey<br/>4 oz Mashed Potatoes</p> | <p><b>Happy Thanksgiving!</b><br/><b>Center is closed for the holiday</b></p>  | <p><b>Happy Thanksgiving!</b><br/><b>Center is closed for the holiday</b></p>   |

\*1% milk served with every meal

NOTE: Items may be substituted based on availability