

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To Skip or cancel Your meals please Contact our office (610) 374-3195 Ext. 220</p>	<p>If you need to go to an appointment and do not want to miss your meal Contact the Main Office 610-374-3195 ext. 220</p>			<p>Lemon Pepper Baked Chicken 4 oz Peaches 4 oz Vegetable Blend 4 oz Pasta Salad 3 oz Diced Chicken WG Dinner Roll</p>
<p>Chicken & Cheese Quesadilla 4 oz Seasonal Fresh Fruit 4 oz Corn WG Tortilla 3 oz Chicken & Cheese Salsa</p>	<p>Sweet & Sour Chicken 4 oz Fresh Orange 4 oz Stir Fry Vegetables 4 oz Brown Rice 3 oz Chicken*</p>	<p>Spaghetti & Meatballs 4 oz Pears 4 oz Carrots 4 oz Spaghetti 3 oz LS Tomato SC. Meatballs</p>	<p>Italian Chicken Pattie 4 oz Apple slices 4 oz Mixed Vegetables WG Bun 3 oz Chicken Pattie</p>	<p>Roast Beef 4 oz Fresh Seasonal Fruit 4 oz California Blend 4 oz Rice With Beans 3 oz Roast Beef</p>
<p>Fish 4 oz Fruit Cocktail 4 oz Stewed Tomatoes WG Bun 3 oz Crispy Cod Tartar Sauce</p>	<p>Shepards Pie 4oz Apple slices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes</p>	<p>Beef 2oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef</p>	<p>Chicken Nuggets 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets</p>	<p>Turkey Ham & Cheese Sandwich 4 oz Applesauce 4oz Peas WG Bread 3 oz Turkey Ham and Cheese Slices</p>
<p>Salisbury Steak 4 oz Mixed Fruit 4 oz Broccoli WG Roll 3 oz Beef Patty w Ls Gravy 4 oz Mashed Potatoes</p>	<p>Chicken Curry Casserole 4 oz Pineapple Chunks 4 oz Stir Fry Vegetables* 4 oz Brown Rice 3 oz Diced Chicken celery & carrots</p>	<p>Sloppy Joe Sandwich 4 oz Fresh Seasonal Fruit 4 oz Potato Salad WG Bun 3 oz Ground Turkey & Sauce</p>	<p>Beef with Mushroom Sauce 4 oz Pears 4 oz Mixed Vegetables 4 oz WG Rice 3 oz Beef & Sauce* Mushrooms*</p>	<p>Chicken Parmesan 4 oz Fresh Orange 4 oz Carrots 4 oz WG Pasta 3 oz Chicken Breast & Cheese</p>
<p>Montreal Chicken & Rice 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken</p>	<p>Turkey Burger 4 oz Tropical Fruit 4 oz Lettuce and Tomato WW Bun 3 oz Turkey Burger</p>	<p>Baked Turkey 4 oz Baked Cinnamon Apples 4 oz Mixed Vegetables WG Dinner Roll w/ Margarine 3 oz Roasted Turkey 4 oz Mashed Potatoes</p>	<p>Happy Thanksgiving! Center is closed for the holiday</p>	<p>Happy Thanksgiving! Center is closed for the holiday</p>

*1% milk served with every meal

NOTE: Items may be substituted based on availability