

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homestyle Meat Loaf</b> <sup>2</sup> 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	<b>BBQ Chicken</b> <sup>3</sup> 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	<b>Philly Cheesesteak</b> <sup>4</sup> 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese* Mushrooms, Pepps & Onion*	<b>Spaghetti w Meat Sauce</b> <sup>5</sup> 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	<b>Cheeseburger</b> <sup>6</sup> 4oz Appleslices 4oz Lettuce and Tomoato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
<b>Chicken Tenders</b> <sup>9</sup> 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders	<b>Glazed Turkey Ham Slice</b> <sup>10</sup> 4oz Mixed Fruit 4oz Fresh Tossed Salad* WG Bread w/Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes	<b>Chicken Stew</b> <sup>11</sup> 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery*	<b>Chicken Salad Wrap</b> <sup>12</sup> 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	<b>Cuban Sandwich</b> <sup>13</sup> 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle slice WG Bread 3oz Ham, Swiss Cheese
<b>Chicken Breast Sandwich</b> <sup>16</sup> 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Breast	<b>Taco Tuesday-Fiesta Beef</b> <sup>17</sup> 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	<b>Chicken Fettucini Alfredo</b> <sup>18</sup> 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	<b>Turkey Fricasse</b> <sup>19</sup> 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery	<b>Meatball Hoagie</b> <sup>20</sup> 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
<b>Tuna Salad Croissant</b> <sup>23</sup> 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	<b>MERRY CHRISTMAS</b> <sup>24</sup>  <b>Center will be closed</b> <b>No meals delievered</b>	<b>MERRY CHRISTMAS</b> <sup>25</sup>  <b>Center will be closed</b> <b>No meals delievered</b>	<b>Baked Turkey</b> <sup>26</sup> 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	<b>Lemon Pepper Baked Chicken</b> <sup>27</sup> 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll
<b>Chicken &amp; Cheese Quesadilla</b> <sup>30</sup> 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	<b>Sweet &amp; Sour Chicken</b> <sup>31</sup> 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	          <i>*1% milk served with every meal</i>	<b>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</b>	<b>To skip or cancel a meal Contact our office at 610-374-3195 ext.220</b>  <i>*menu can be subject to changes*</i>