

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>To skip or cancel a meals Please call The Meals On Wheels Office At: 610-374-3195 Ext. 220</p>		<p>Happy New Year Closed for the holiday</p>	<p>Italian Chicken Pattie 4oz Appleslices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie</p>
<p>Fish 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce</p>	<p>Shepards Pie 4oz Appleslices 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>Salisbury Steak 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes</p>	<p>Chicken Curry Casserole 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots</p>	<p>Sloppy Joe Sandwich 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce</p>	<p>Beef w Mushroom Sauce 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* Mushrooms*</p>
<p>Montreal Chicken & Rice 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken</p>	<p>Turkey Burger 4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger</p>	<p>Texas BBQ Beef 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Beef Rib 4oz Mashed Potatoes</p>	<p>Lasagna Roll w Meat Sauce 4oz Fresh Orange 4oz Steamed Broccoli WG Roll 3oz Ground Meat in Sauce</p>
<p>Homestyle Meat Loaf 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes</p>	<p>BBQ Chicken 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken</p>	<p>Philly Cheesesteak 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese* Mushrooms, Pepps & Onion*</p>	<p>Spaghetti w Meat Sauce 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread</p>

FRIDAY

3

Roast Beef

4oz Fresh Seasonal Fruit
4oz California Blend
4oz Rice With Beans
3oz Roast Beef

10

Turkey Ham & Cheese Sandwich

4oz Applesauce
4oz Peas
WG Bread
3oz Turkey Ham and Cheese Slices

17

Chicken Parmesan

4oz Fresh Orange
4oz Carrots
4oz WG Pasta
3oz Chicken Breast & Cheese*

24

Chicken Fajita

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

31

Cheeseburger

4oz Appleslices
4oz Lettuce and Tomoato Slice
WG Bun
3oz Hamburger & Cheese
4oz Baked Wedge Fries