

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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</i></p>	<p><i>To Skip Or Cancel Your meals Please contact Meals on Wheels (610) 374-3195 ext. 220</i></p>			<p><i>*menu subject to change</i></p>
<p>Chicken Tenders 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders</p>	<p>Glazed Turkey Ham Slice 4oz Mixed Fruit 4oz Fresh Tossed Salad* WG Bread w/Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes</p>	<p>Chicken Stew 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery*</p>	<p>Chicken Salad Wrap 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad</p>	<p>Cuban Sandwich 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle slice WG Bread 3oz Ham, Swiss Cheese</p>
<p>Chicken Breast Sandwich 4oz Apple slices 4oz Cooked Carrots WG roll 3oz Chicken Breast</p>	<p>Taco Tuesday-Fiesta Beef 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans</p>	<p>Chicken Fettuccini Alfredo 4oz Peaches 4oz Broccoli 4oz Fettuccini Noodles with Sauce 3oz Diced Chicken</p>	<p>Turkey Fricassee 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery</p>	<p>Happy Valentine's Day! 14 Meatball Hoagie 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes</p>
<p>Presidents Day! 17 Tuna Salad Croissant 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna</p>	<p>Chicken Burrito 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken</p>	<p>Beef Stew 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes</p>	<p>Baked Turkey 4oz Fresh Fruit 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes</p>	<p>Lemon Pepper Baked Chicken 4oz Peaches 4oz Vegetable Blend 4oz Pasta Salad 3oz Diced Chicken WG Dinner Roll</p>
<p>Chicken & Cheese Quesadilla 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa</p>	<p>Sweet & Sour Chicken 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*</p>	<p>Spaghetti & Meatballs 4oz Pears 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs</p>	<p>Italian Chicken Pattie 4oz Apple slices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie</p>	<p>Roast Beef 4oz Fresh Seasonal Fruit 4oz California Blend 4oz Rice With Beans 3oz Roast Beef</p>