

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>3</p> <p>Creamy Parmesan Pork Chop (3oz Pork, 2oz Sauce) 1/2c Cubed Potatoes 1/2c Spinach 1 Wheat Bread Cookie</p>	<p>4</p> <p>Chicken Bruschetta (3oz Chicken, 2oz Tomato, .5oz Cheese) 1/2c Pesto Pasta 1/2c Capri Blend Vegetables 1 Dinner Roll Fresh Fruit</p>	<p>5</p> <p>Baked Crab Cake 1/2c Tomatoes & Cucumbers 1/2c California Blend Vegetables White Bread 1/2c Cinnamon Apple Slices</p>	<p>6</p> <p>Lasagna w/ 2oz Meat Sauce 1c Tossed Salad w/ Tomato 1/2c Green Beans 1 Garlic Breadstick Fresh Fruit</p>	<p>7</p> <p>Pizza Burger (1oz Sauce, .5oz Mozzarella) 1/2c Buttered Noodles 1/2c Carrots Hamburger Bun 1/2c Fruit Crisp</p>
<p>10</p> <p>Chicken & Dumplings 1/2c Peas & Carrots Whole Grain Buttermilk Biscuit Fresh Orange</p>	<p>11</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>12</p> <p>Pasta & Meatballs (4) 3/4c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>13</p> <p>Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Green Beans 1 Wheat Bread 1/2c Gelatin</p>	<p>Happy Valentine's Day! 14</p> <p>Chicken Rosa Baked Potato w/Sour Cream 1/2c Peas & Onions Dinner Roll Apple Pie</p>
<p>Presidents Day! 17</p> <p>Honey BBQ Chicken Breast 1/2c Brown Rice 1/2c Carrots Wheat Bread Seasonal Fresh Fruit</p>	<p>18</p> <p>Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll 1/2c Blushed Pears</p>	<p>19</p> <p>Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Applesauce</p>	<p>20</p> <p>Baked Cod 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>21</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn & Black Bean Salad 1/2c Pineapple</p>
<p>24</p> <p>Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit</p>	<p>25</p> <p>Chicken Breast w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches</p>	<p>26</p> <p>Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Dinner Roll 1/2c Gelatin</p>	<p>27</p> <p>Stuffed Pepper Casserole 1c Tossed Salad 1/2c Peas & Carrots 1 White Bread 1/2c Pudding</p>	<p>28</p> <p>Chicken Alfredo (2oz Sauce) 1/2c Noodles 1/2c Mixed Vegetables 1 Garlic Breadstick 1/2c Warm Apple Cranberry Crisp</p>