

Monday	Tuesday	Wednesday	Thursday	Friday
Fish 3 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce	Shepards Pie 4 4oz Appleslices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes	Beef 5 4oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef	Chicken Nuggets 6 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets	Turkey Ham & Cheese Sandwich 7 4oz Applesauce 4oz Peas WG Bread 3oz Turkey Ham and Cheese Slices
Salisbury Steak 10 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	Chicken Curry Casserole 11 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots	Sloppy Joe Sandwich 12 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	Beef with Mushroom Sauce 13 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* Mushrooms*	Chicken Parmesan 14 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
Montreal Chicken & Rice 17 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken	Turkey Burger 18 4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger	Texas BBQ Beef 19 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Beef Rib 4oz Mashed Potatoes	Lasagna Roll with Meat Sauce 20 4oz Fresh Orange 4oz Steamed Broccoli WG Roll 3oz Ground Meat in Sauce	Chicken Fajita 21 4oz Pears 4oz Corn WG 8" Tortilla 3oz Fajita Chicken w/Cheese Sauteed Peppers and Onions
Homestyle Meat Loaf 24 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	BBQ Chicken 25 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	Philly Cheesesteak 26 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese* Mushrooms, Pepps & Onion*	Spaghetti w Meat Sauce 27 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	Cheeseburger 28 4oz Appleslices 4oz Lettuce and Tomoato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
Chicken Tenders 31 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders			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	To Skip Or Cancel Your meals Please contact Meals on Wheels (610) 374-3195 ext. 220