

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Fish</b> 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce	<b>4</b> <b>Shepards Pie</b> 4oz Appleslices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes	<b>5</b> <b>Beef</b> 4oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef	<b>6</b> <b>Chicken Nuggets</b> 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets	<b>7</b> <b>Turkey Ham &amp; Cheese Sandwich</b> 4oz Applesauce 4oz Peas WG Bread 3oz Turkey Ham and Cheese Slices
<b>10</b> <b>Salisbury Steak</b> 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	<b>11</b> <b>Chicken Curry Casserole</b> 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken <i>celery &amp; carrots</i>	<b>12</b> <b>Sloppy Joe Sandwich</b> 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	<b>13</b> <b>Beef with Mushroom Sauce</b> 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* <i>Mushrooms*</i>	<b>14</b> <b>Chicken Parmesan</b> 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
<b>17</b> <b>Montreal Chicken &amp; Rice</b> 4oz Fresh Pear 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken	<b>18</b> <b>Turkey Burger</b> 4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger	<b>19</b> <b>Texas BBQ Beef</b> 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Beef Rib 4oz Mashed Potatoes	<b>20</b> <b>Lasagna Roll with Meat Sauce</b> 4oz Fresh Orange 4oz Steamed Broccoli WG Roll 3oz Ground Meat in Sauce	<b>21</b> <b>Chicken Fajita</b> 4oz Pears 4oz Corn WG 8" Tortilla 3oz Fajita Chicken w/Cheese <i>Sauteed Peppers and Onions</i>
<b>24</b> <b>Homestyle Meat Loaf</b> 4oz Clementine 4oz Green Beans WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	<b>25</b> <b>BBQ Chicken</b> 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	<b>26</b> <b>Philly Cheesesteak</b> 4oz Pear 4oz Coleslaw WG Hoagie Roll 3oz Beef Steak Slices & Cheese* <i>Mushrooms, Pepps &amp; Onion*</i>	<b>27</b> <b>Spaghetti w Meat Sauce</b> 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	<b>28</b> <b>Cheeseburger</b> 4oz Appleslices 4oz Lettuce and Tomoato Slice WG Bun 3oz Hamburger & Cheese <i>4oz Baked Wedge Fries</i>
<b>31</b> <b>Chicken Tenders</b> 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders				<b>To Skip Or Cancel Your meals Please contact Meals on Wheels (610) 374-3195 ext. 201</b>