

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Glazed Turkey Ham Slice 4oz Mixed Fruit 4oz Fresh Tossed Salad* WG Bread w/Margarine 3oz Turkey Ham w/ Pineapple 4oz Mashed Potatoes	2 Chicken Stew 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Stewed Chicken * Potatoes, Carrots, Celery*	3 Chicken Salad Wrap 4oz Pineapple 4oz Coleslaw WG Tortilla 3oz Chicken Salad	4 Cuban Sandwich 4oz Tropical Fruit 4oz Lettuce, Tomato, Pickle slice WG Bread 3oz Ham, Swiss Cheese
7 Chicken Breast Sandwich 4oz Appleslices 4oz Cooked Carrots WG roll 3oz Chicken Breast	8 Taco Tuesday-Fiesta Beef 4oz Pineapple Chunks 4oz Lettuce, Tomatoes, Onions WG Flour Tortilla Shell 3oz Beef & Cheese 4oz Rice w/ Beans	9 Chicken Fettucini Alfredo 4oz Peaches 4oz Broccoli 4oz Fettucini Noodles with Sauce 3oz Diced Chicken	10 Turkey Fricasse 4oz Applesauce 4oz Peas 4oz Brown Rice 3oz Turkey Cubes Potatoes, Carrots, Celery	11 Meatball Hoagie 4oz Pears 4oz Vegetable Blend WG Roll 3oz Beef Meatballs 4oz Seasoned Red Potatoes
14 Tuna Salad Croissant 4oz Tropical Fruit 4oz Carrots WG Croissant 3oz Tuna	15 Chicken Burrito 4oz Pear 4oz Corn 8" WG Tortilla 3oz Diced Chicken	16 Beef Stew 4oz Mixed Fruit 4oz Green Beans 4oz WG Brown Rice 3oz Beef Cubes	17 Baked Turkey 4oz Baked Cinnamon Apples 4oz Mixed Vegetables WG Dinner Roll w/ Margarine 3oz Roasted Turkey* 4oz Mashed Potatoes	18 Good Friday Closed
21 Chicken & Cheese Quesadilla 4oz Seasonal Fresh Fruit 4oz Corn WG Tortilla 3oz Chicken & Cheese Salsa	22 Sweet & Sour Chicken 4oz Fresh Orange 4oz Stir Fry Vegetables 4oz Brown Rice 3oz Chicken*	23 Spaghetti & Meatballs 4oz Pears 4oz Carrots 4oz Spaghetti 3oz LS Tomato SC. Meatballs	24 Italian Chicken Pattie 4oz Appleslices 4oz Mixed Vegetables WG Bun 3oz Chicken Pattie	25 Roast Beef 4oz Fresh Seasonal Fruit 4oz California Blend 4oz Rice With Beans 3oz Roast Beef
28 Fish 4oz Fruit Cocktail 4oz Stewed Tomatoes WG Bun 3oz Crispy Cod Tartar Sauce	29 Shepards Pie 4oz Appleslices 4oz Peas and Carrots WG Roll 3 Ground Beef 4oz Mashed Potatoes	30 Beef 4oz Pear 4oz Mixed Vegetables 4oz Rice With Beans 3oz Beef	To Skip Or Cancel Your meals Please contact Meals on Wheels (610) 374-3195 ext. 220	