

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 1 Closed for Labor Day No Meals on Wheels | 2 Happy Labor Day! Hot Dog 1/2c Coleslaw 1/2c Pasta Salad Hot Dog Bun Fresh Fruit 1/2c Marshmallow Fluff | 3 4oz Sloppy Joe 1/2c Roasted Sweet Potatoes 1/2c Peas 1 Hamburger Bun Oatmeal Cream Pie | 4 Baked Crab Cake 1/2c Diced Potatoes 1/2c California Blend 1 Wheat Bread 1/2c Gelatin | 5 Vegetable Lasagna 1c Tossed Salad w/ Egg 1/2c Green Beans 1 Dinner Roll 1 Cookie |
| 8 3oz Salisbury Steak w/ 2oz Baked Potato w/ Margarine 1/2c Lima Beans 1 Wheat Bread 1 Cookie | 9 3oz Kielbasa w/ 1oz Sauerkraut 1/2c Homemade Haluski 1/2c Carrots 1/2c Applesauce | 10 Cheeseburger 1/2c BBQ Baked Beans 1 Hamburger Bun 1c Tossed Salad w/ Tomato 1/2c Mandarin Oranges | 11 Roast Beef Sandwich (3oz w/ 1 slice Mozzarella Cheese) 1/2c Broccoli Salad 1 Hamburger Bun 1/2c Blushed Pears | 12 3oz Open Faced Turkey w/ 2oz Gravy 1/2c Whipped Potatoes w/ 1/2c Sweet Corn 1 White Bread 1 Cookie |
| 15 3oz Sausage Gravy 1 Biscuit 1 Egg Bite 1/2c Diced Potatoes 4oz Orange Juice | 16 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Peas 1 Dinner Roll Fresh Fruit | 17 3oz Sweet & Sour Pork 1/2c Brown Rice 1/2c Mixed Veggie 1 Wheat Bread Fresh Fruit | 18 Turkey Chef Salad (2oz Turkey, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Dinner Roll 1/2c Gelatin | 19 1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Dinner Roll 1/2c Warm Applesauce |
| 22 Potato Crusted Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit | 23 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1/2c Italian Green Beans 1 Italian Bread 1/2c Mixed Fruit Salad | 24 3oz Pork Loin w/ 2oz Creamy Mushroom 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit | 25 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Black Beans 1/2c Pineapple | 26 Chicken Cutlet w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 White Bread 1/2c Pudding |
| 29 BBQ Pork Ribette 1/2c Roasted Potatoes 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight | 30 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp | | | To skip or cancel your meals Please contact 610-374-3195 Ext. 220 |
| | | | <i>*menu subject to change</i> | <i>*1% milk served with every meal</i> |