

| Monday                                                                                                                                         | Tuesday                                                                                               | Wednesday                                                                                                                            | Thursday                                                                                               | Friday                                                                                    |
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| <b>To skip or cancel your delivery day</b><br><b>Please contact</b><br><b>610-374-3195</b><br><b>Ext. 220</b>                                  | <i>*menu subject to change</i>                                                                        | <b>Meatloaf w/ Gravy</b><br>Mashed Potatoes<br>Mixed Vegetables<br>Wheat Roll<br>Fruit Cup<br><br><b>3 MEAL DELIVERY DAY</b>         | <b>Lemon Herb Chicken</b><br>Rice Pilaf<br>Spring Peas & Carrots<br>Fruit Cup Wheat Roll<br>Wheat Roll | <b>BBQ Chicken Breast</b><br><b>Baked Beans</b><br>Mixed Veggies<br>Fruit Cup, Wheat Roll |
| <b>Beef Stew over Biscuit</b><br>Steamed Vegetables<br>Diced Peaches<br>1 quart Low-fat Milk<br><br><b>2 MEAL DELIVERY DAY</b>                 | <b>Bean &amp; Cheese</b><br>Burrito Bowl,<br>Salsa, Brown Rice,<br>Wheat Roll Corn<br>Corn<br>Peaches | <b>Baked Pollock</b><br>Mac & Cheese<br>Stewed Tomatoes<br>Fresh Apple Slices<br><br><b>3 MEAL DELIVERY DAY</b>                      | <b>Chicken Alfredo</b><br>Penne Pasta<br>Italian Veg Blend<br>Wheat Roll                               | <b>Salisbury Steak</b><br>Mashed Potatoes<br>Glazed Carrots<br>Wheat Roll<br>Fruit Cup    |
| <b>Pork Carnitas,</b><br>Cilantro-Lime Rice<br>Black Beans<br>Fruit Cup,<br>1 quart Low-fat Milk<br><br><b>2 MEAL DELIVERY DAY</b>             | <b>Vegetable Lasagna</b><br>Vegetable Medley<br>Wheat Roll<br>Low-fat Milk<br>Diced Pears             | <b>BBQ Chicken Thigh</b><br>Baked Beans<br>Collards, Cornbread<br>Low-fat Milk<br>Mandarin Oranges<br><br><b>3 MEAL DELIVERY DAY</b> | <b>Turkey Tetrazzini</b><br>Noodles & Peas<br>Veg Blend<br>Fruit Cup, Roll                             | <b>Baked Ham</b><br>Au Gratin Potatoes<br>Green Beans<br>Wheat Bread<br>Peaches           |
| <b>Chicken Fajitas with</b><br>Peppers & Onions<br>Whole Grain Tortilla<br>Fruit Cup<br>1 quart Low-fat Milk<br><br><b>2 MEAL DELIVERY DAY</b> | <b>Breaded Fish Patty</b><br>Potato Wedges<br>Mixed Vegetables<br>Tartar Sauce<br>Wheat Roll          | <b>Sliced Turkey w/ Gravy</b><br>Mashed Potato<br>Spinach<br>Fruit Cup<br><br><b>3 MEAL DELIVERY DAY</b>                             | <b>Swiss Steak</b><br>Rice Pilaf<br>Green Beans<br>Wheat Roll                                          | <b>Beef Chili over Rice</b><br>Corn Medley<br>Diced Pears<br>Roll                         |
| <b>Beef &amp; Macaroni</b><br>Tomato Sauce<br>Mixed Veggies<br>Wheat Roll<br>1 quart Low-fat Milk<br>Fruit Cup<br><b>2 MEAL DELIVERY DAY</b>   | <b>Apricot Chicken</b><br>Wild Rice<br>Peppers & Onions<br>Fruit Cup                                  | <b>Meatballs Marinara</b><br>Whole wheat Pasta<br>Green Beans<br>Pears<br><br><b>3 MEAL DELIVERY DAY</b>                             | <b>Chicken Enchilada</b><br>Pepper & Onion<br>Pinto Beans,<br>Spanish Rice<br>Fruit Cup                | <b>Baked Tilapia</b><br>Rice Pilaf<br>California Blend<br>Wheat Roll<br>Fruit Cup         |