

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Breast Baked Beans, Mixed Vegetables Fruit Cup Roll 1% Quart of Milk 2 Meal Delivery Day	4 Breaded Fish Potato wedges Green Beans, Tartar Sauce Roll	5 Bean & Cheese Bowl Salsa, Brown Rice Corn, Fruit Cup Roll	6 Meatloaf & Gravy Mashed Potato Mixed Vegetables, Fruit Cup Roll	7 Baked Ham Au gratin Potato Green Beans, Fruit Cup Roll
10 Salisbury Steak Roasted Potato Steamed Carrots, Fruit Cup Roll 1% Quart of Milk 2 Meal Delivery Day	11 Lemon Herb Chicken Rice Pilaf Peas & Carrots, Fruit Cup Roll	12 Beef Chili Rice, Corn Medley Fruit Cup Roll	13 Pork Carnitas Cilantro lime Rice Seasoned Beans Fruit Cup Roll	14 Sliced Turkey in Gravy Mashed Potato Spinach Fruit Cup, Roll
17 Pulled Pork BBQ Roasted Potato Carrots, Fruit Cup Roll 1% Quart of Milk 2 Meal Delivery Day	18 Orange Chicken Rice Stir Fry Vegetables Roll Fruit Cup	19 Baked Tilapia in Citrus Dill Brown Rice Vegetable Blend Roll	20 Mediterranean Chicken Roasted Potato Mixed Vegetables Roll Fruit	21 Beef Stew over Biscuit Steamed Carrots Fruit Cup
24 Caribbean Chicken Coconut Rice, Vegetable Blend Fruit Cup Roll 1% Quart of Milk 2 Meal Delivery Day	25 Cheese Ravioli Marinara, Italian Vegetables Fruit Cup Roll	26 Sweet & Sour Pork Brown Rice, Stir-Fry Vegetables Fruit Cup Roll	27 Chicken Alfredo Penne Pasta, Mixed Vegetables Fruit Cup Roll	28 Swedish Meatballs Egg Noodles, Peas & Carrots Fruit Cup Roll
31 Pork Marsala in Mushrooms Egg Noodles, Carrots Fruit Cup Roll 1% Quart of Milk 2 Meal Delivery Day				To skip or cancel your delivery day Please contact 610-374-3195 Ext. 220 <i>*menu subject to change</i>