

Monday	Tuesday	Wednesday	Thursday	Friday
To skip or cancel your delivery day Please contact 610-374-3195 Ext. 220	1 Mediterranean Chicken 4oz Roasted Potato ½ c Italian Veg 1 c Fruit cup 4.5 oz	2 Salisbury Steak 4oz Mashed Potato, ½ c Glazed Carrots ½ c Fruit cup 4.5 oz 3 MEAL DELIVERY DAY	3 Pork Pernil 4oz Cilantro Lime Rice 1 c Carrots ½ c Fruit cup 4.5 oz	4 BBQ Chicken Breast 4 oz Baked Beans 5 oz Green beans 1 c Cornbread Fruit Cup 4.5 oz
Labor Day Closed 7 Orange Chicken 4 oz Rice 1 c Stir-fry Vegetables 1 c Fruit Cup 4.5 oz Milk 2 MEAL DELIVERY DAY	8 Swedish Meatballs 4 oz Egg Noodles ½ c Peas & Carrots 1 c Fruit cup 4.5 oz	9 Baked Pollack 4 oz Macaroni and Cheese ½ c Stewed Tomatoes ½ c Fruit Cup 4.5 oz 3 MEAL DELIVERY DAY	10 Roast Pork 4 oz Mashed Potato ½ c Sauerkraut ½ c Carrots ½ c	11 Cheese Ravioli 9 oz Marinara ½ c Italian Vegetables ½ c Fruit Cup 4.5 oz
14 Sweet & Sour Pork 4 oz Roasted Potato ½ c Stir Fry Vegetables 1 c Fruit cup 4.5 oz Milk 2 MEAL DELIVERY DAY	15 Beef & Macaroni 8 oz Tomato Sauce 3 oz Mixed Veggies ½ c Fruit Cup 4.5 oz	16 Tandoori Chicken 4 oz Cilantro Lime Brown rice ½ c Cauliflower ½ c Chickpea ½ c Fruit Cup 4.5 oz 3 MEAL DELIVERY DAY	17 Beef Chili 8 oz Brown Rice ½ c Corn ½ c Fruit Cup 4.5 oz	18 Apricot Chicken 4 oz Rice Pilaf ½ c California Veggies 1 c Fruit Cup
21 Baked Ham 4 oz Scalloped Potatoes ½ c Green Beans ½ c Roll Fruit Cup 4.5 oz Milk 2 MEAL DELIVERY DAY	22 Chicken Fajita Bowl 4 oz Brown Rice 1 c Peppers & Onion 1/2 c Carrots ½ c Fruit Cup 4.5 oz	23 Vito's Bolognaise ½ c Whole Wheat Penne 1 c Mixed Vegetables ½ c Fruit Cup 4.5 oz 3 MEAL DELIVERY DAY	24 Mild Jerk Chicken 4 oz Coconut Rice ½ c Peas and Carrots 1 cup Fruit Cup 4.5 oz	25 Turkey Tetrazzini 8 oz Egg Noodles ½ c Peas and Carrots ½ c Roll Fruit Cup
28 Meatloaf w/ Gravy 4 oz Mashed Potato ½ c Mixed Vegetables 1 c Roll Fruit Cup 4.5 oz Milk 2 MEAL DELIVERY DAY	29 Chicken Primavera Chicken Breast 4 oz Vegetable Cream sauce 4 oz Whole Wheat Penne ½ c Fruit Cup 4.5 oz	30 Lemon Herb Chicken 4 oz Rice Pilaf 1 c Peas And carrots 1 c Fruit Cup 4.5 oz 3 MEAL DELIVERY DAY	Meals Funded By: 	