

| Monday                                                                                                                                                | Tuesday                                                                                                                                                                                                         | Wednesday                                                                                                                                                         | Thursday                                                                                                | Friday                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <p><b>To skip or cancel your delivery day Please contact 610-374-3195 Ext. 220</b></p>                                                                | <p>Meals Funded By:</p>  <p>Berks County<br/><b>AREA AGENCY ON AGING</b><br/>Services and Support for Berks County Seniors</p> |                                                                                                                                                                   | <p>1</p> <p>Salisbury Steak w/Gravy 4 oz<br/>Mashed Potatoes ½ Cup<br/>Carrots 1/2Cup<br/>Fruit Cup</p> | <p>2</p> <p>Apricot Chicken 4 oz<br/>Roasted Potato 1/2cup<br/>California Veg ½ cup<br/>Roll<br/>Fruit Cup</p>     |
| <p>5</p> <p>Baked Pollack 4 oz<br/>Mac &amp; Cheese ½ cup<br/>Stewed Tomatoes ½ cup<br/>Fruit Cup<br/>Milk</p> <p><b>Meal Delivery Day</b></p>        | <p>6</p> <p>Pork Pernil 4 oz<br/>Cilantro Lime Rice ½ cup<br/>Carrots ½ cup<br/>Fruit Cup</p>                                                                                                                   | <p>7</p> <p><b>Meal Delivery Day</b></p> <p>Mediterranean Chicken 4oz<br/>Roasted Potato ½ cup<br/>Green Beans ½ cup<br/>Fruit cup</p>                            | <p>8</p> <p>Cheese Ravioli 9oz<br/>Marinara ½ cup<br/>California Veg ½ cup<br/>Fruit cup<br/>Roll</p>   | <p>9</p> <p>Swedish Meatballs 4oz<br/>Egg noodles ½ cup<br/>Peas &amp; Carrots 1 cup<br/>Fruit cup</p>             |
| <p>12</p> <p>Pork Marsala 4oz<br/>Egg Noodles ½ cup<br/>Carrots ½ cup<br/>Fruit cup<br/>Milk</p> <p><b>Meal Delivery Day</b></p>                      | <p>13</p> <p>Turkey Chili 8oz<br/>Brown Rice ½ cup<br/>Corn ½ cup<br/>Fruit cup</p>                                                                                                                             | <p>14</p> <p>Chicken Parmesan 4oz<br/>Whole Wheat Penne ½ cup<br/>Marinara 1/4 cup<br/>Peas &amp; Carrots ½ cup<br/>Fruit cup</p> <p><b>Meal Delivery Day</b></p> | <p>15</p> <p>Beef Teriyaki 4oz<br/>Rice ½ cup<br/>Stir fry Vegetables ½ cup<br/>Fruit cup</p>           | <p>16</p> <p>Meatloaf w/Gravy 4oz<br/>Mashed Potato ½ cup<br/>Mixed Vegetables ½ cup<br/>Fruit Cup</p>             |
| <p>19</p> <p>Turkey Tetrizzini 4 oz<br/>Egg Noodles ½ cup<br/>Green Beans ½ cup<br/>Fruit cup<br/>Milk<br/>Roll</p> <p><b>Meal Delivery Day</b></p>   | <p>20</p> <p>Orange Sesame Pork 4oz<br/>Roasted Potato ½ cup<br/>Green Beans ½ cup<br/>Fruit cup</p>                                                                                                            | <p>21</p> <p>BBQ Chicken Thigh 4 oz<br/>Baked Beans ½ cup<br/>Peas &amp; Carrots ½ cup<br/>Fruit Cup</p> <p><b>Meal Delivery Day</b></p>                          | <p>22</p> <p>Beef Stroganoff 4oz<br/>Egg Noodles ½ cup<br/>Carrots ½ cup<br/>Fruit Cup</p>              | <p>23</p> <p>Baked Tilapia 4oz<br/>Citrus Dill Sauce 2oz<br/>Rice ½ cup<br/>California Veg ½ cup<br/>Fruit Cup</p> |
| <p>26</p> <p>Roast Pork 4oz<br/>Mashed Potato ½ cup<br/>Sauerkraut ½ cup<br/>Carrots ½ cup<br/>Fruit cup<br/>Milk</p> <p><b>Meal Delivery Day</b></p> | <p>27</p> <p>Roast Turkey 4oz<br/>Mashed Potato ½ cup<br/>Spinach ½ cup<br/>Roll<br/>Fruit cup</p>                                                                                                              | <p>28</p> <p>Vito's Bolognaise ½ cup<br/>Whole wheat Penne 1 cup<br/>Mixed Vegetables ½ cup<br/>Fruit Cup</p> <p><b>Meal Delivery Day</b></p>                     | <p>29</p> <p>Orange Chicken 4oz<br/>Rice 1 cup<br/>Stir fry Veggies ½ cup<br/>Fruit Cup</p>             | <p>30</p> <p>Chicken Alfredo 4oz<br/>Whole Wheat Penne ½ cup<br/>Green Beans ½ cup<br/>Fruit cup</p>               |