

MEALS ON WHEELS MENU

MONDAY 5-Nov	TUESDAY 6-Nov	WEDNESDAY 7-Nov	THURSDAY 8-Nov	FRIDAY 9-Nov
<p>Hot Tray</p> <p>Spaghetti w/Meat Balls Broccoli Fruit Cocktail %1 milk or calcium-fortified juice</p> <p>Sandwich Dinner Pack</p> <p>Chicken Salad Cauliflower/Carrot Salad Orange Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Breaded Veal Beef Gravy Mashed Potatoes Creamed Spinach Whole Pear Whole Wheat Bread %1 milk or calcium-fortified juice</p> <p>Sandwich Dinner Pack</p> <p>Sodium Ham/Swiss Cheese German Potato Salad Berry Crisp Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Chicken Picatta Wild Rice Blend Veggies Tropical Fruit Whole Wheat Bread %1 milk or calcium-fortified juice</p> <p>Sandwich Dinner Pack</p> <p>Roast Beef Pepper Onion Pea Salad in Pesto Oatmeal Cookie Apricots Whole wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Beef Pot Roast Scallop Potatoes Brussel Sprouts Cookie/Fresh Apple Whole Wheat Bread %1 milk or calcium-fortified juice</p> <p>Sandwich Dinner Pack</p> <p>Turkey Breast Chickpea and Kale Salad Peaches Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Mac and Cheese Stewed Tomatoes Broccoli <u>Fruit Cocktail</u> %1 milk or calcium-fortified juice</p> <p>Sandwich Dinner Pack</p> <p>Tuna Salad 3 Bean Salad Mandarin Oranges Whole Wheat Bread %1 milk or calcium-fortified juice</p>
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**Menu items subject to change*
 Clients can also call the office at 610-691-1030 between 3am-8am to hear a message regarding the next day's meal.
 Press 1 for English or press 2 for Spanish, then press 2 for Today's Menu.