

MEALS ON WHEELS MENU

MONDAY 26-Nov	TUESDAY 27-Nov	WEDNESDAY 28-Nov	THURSDAY 29-Nov	FRIDAY 30-Nov
<p>Hot Tray</p> <p>Chicken Croquette Roasted Potatoes Carrots Pineapple Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>LS Baked Hamw/Maple Sauce Whipped Sweet Potato Brussel Sprouts Angel Food Cake %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Chicken breast/Sauce & Cheese Whole Wheat Pasta Green Beans Orange Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Meatloaf Whipped Potatoes California Blend Pudding Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Hot Tray</p> <p>Talipa/Bread Crumbs Whole Grain Pilaf Beets <u>Fruit Cocktail</u> Whole Wheat Bread %1 milk or calcium-fortified juice</p>
<p>Sandwich Dinner Pack</p> <p>Low Sodium Ham Tomato Salad Apricots Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Sandwich Dinner Pack</p> <p>Sliced Turkey Chick Pea Salad Mandarin Oranges Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Sandwich Dinner Pack</p> <p>Roast Beef Cauliflower Salad Mixed Melon Salad Oatmeal Cookies Whole Wheat Bread %1 milk or calcium-fortified juice</p>	<p>Sandwich Dinner Pack</p> <p>Chicken Salad Cole Slaw Tropical Fruit Salad Whole wheat Bread %1 milk or calcium-fortified juice</p>	<p>Sandwich Dinner Pack</p> <p>Cottage Cheese/1/2 Cup Fruit Broccoli Salad Sugar Cookie Whole Wheat Dinner Roll %1 milk or calcium-fortified juice</p>

**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.