

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>3oz. Chicken Breast 1oz. Provolone Cheese 1/2c. Broccoli Salad 2 Whole Wheat Bread 1/2c. Mandarin Oranges Mayo Pkt Milk</p>	<p>2</p> <p>3oz. Sliced Roast Beef 1oz. Provolone Cheese 1/2c. Tomato Salad 2 Rye Bread Fresh Seasonal Fruit Mayo Pkt Milk</p>	<p>3</p> <p>4oz. Creamy Chicken Salad 1/2oz. Swiss Cheese 1/2c. Pepper Slaw 2 Multi Grain Bread 1/2c. Sliced Pears Milk</p>	<p>4</p> <p>3oz. Sliced Roast Pork 1/2c. Carrots Raisin Salad 2 Rye Bread Fresh Seasonal Fruit Ketchup Pkt Milk</p>
<p>7</p> <p>3oz. Sliced Baked Ham 1oz. Swiss Cheese 4oz. Fruit Juice 2 Whole Wheat Bread 1/2c. Sliced Pears Mayo Pkt Milk</p>	<p>8</p> <p>3oz. Sliced Turkey Breast 1oz. Provolone Cheese 1/2c. Tomato Onion & Pepper Salad 2 Multi Grain Bread, Mayo Fresh Seasonal Fruit Milk</p>	<p>9</p> <p>3oz. Chicken Breast 1oz. Cheddar Cheese 4oz. Fruit Juice Wheat Sandwich Roll 1/2c. Sliced Peaches Mayo Pkt Milk</p>	<p>10</p> <p>3oz. Sliced Roast Beef 1oz. Provolone Cheese 1/2c. Cucumber & Onion Salad 2 Multi Grain Bread, Mayo Fresh Seasonal Fruit Milk</p>	<p>11</p> <p>4oz. Tuna Salad 1/2c. Coleslaw 2 Whole Wheat Bread 1/2c. Pineapple Tidbits Milk</p>
<p>14</p> <p>3oz. Sliced Turkey Breast 1oz. Swiss Cheese 4oz. Fruit Juice 2 Multi Grain Bread 1/2c. Sliced Peaches Mayo Pkt Milk</p>	<p>15</p> <p>3oz. Sliced Roast Pork 1oz. Cheddar Cheese 1/2c. Carrot Raisin Salad 2 Rye Bread Fresh Seasonal Fruit Ketchup Pkt Milk</p>	<p>16</p> <p>4oz. Egg Salad 1/2oz. Cheddar Cheese 1/2c. Vegetable Salad 2 Multi Grain Bread 1/2c. Applesauce Milk</p>	<p>17</p> <p>3oz. Sliced Roast Beef 1oz. Cheddar Cheese 4oz. Fruit Juice 2 Whole Wheat Bread 1/2c. Tropical Fruit Salad Mayo Pkt Milk</p>	<p>18</p> <p>3oz. Meatloaf 1/2c. Provolone Cheese 1/2c. Broccoli Salad 2 Whole Wheat Bread Fresh Seasonal Fruit Mayo Pkt Milk</p>
<p>21</p> <p>2T. Peanut Butter, 1T. Jelly 1/2c. Cottage Cheese 4oz. Fruit Juice 2 Multi Grain Bread 1/2c. Pineapple Tidbits Milk</p>	<p>22</p> <p>3oz. Chicken Breast 1/2oz. Cheddar Cheese 1/4c. Lettuce, 1 Slice Tomato 4oz. Fruit Juice Wheat Sandwich Roll 1/2c. Mixed Fruit Salad Mayo Pkt, Milk</p>	<p>23</p> <p>3oz. Sliced Roast Beef 1oz. Provolone Cheese 1/2c. Tomato & Onion Salad 2 Rye Bread Fresh Seasonal Fruit Mayo Pkt Milk</p>	<p>24</p> <p>3oz. Meatloaf 1oz. Provolone Cheese 1/2c. Cucumber Salad 2 Whole Wheat Bread 1/2c. Mandarin Oranges Ketchup Pkt Milk</p>	<p>25</p> <p>3oz. Sliced Turkey Breast 1oz. Cheddar Cheese 4oz. Fruit Juice 2 Whole Wheat Bread 1/2c. Tropical Fruit Salad Mayo Pkt Milk</p>
<p>28</p> <p>4oz. Ham Salad 1/2oz. Cheddar Cheese 2 Tomato Slices 4oz. Fruit Juice 2 Whole Wheat Bread 1/2c. Diced Peaches</p>	<p>29</p> <p>3oz. Chicken Breast 1oz. Provolone Cheese 1/2c. Broccoli Salad 2 Whole Wheat Bread 1/2c. Mandarin Oranges Mayo Pkt Milk</p>	<p>30</p> <p>3oz. Sliced Roast Beef 1oz. Provolone Cheese 1/2c. Tomato Salad 2 Rye Bread Fresh Seasonal Fruit Mayo Pkt Milk</p>	<p>31</p> <p>4oz. Creamy Chicken Salad 1/2oz. Swiss Cheese 1/2c. Carrot Raisin Salad 2 Multi Grain Bread 1/2c. Sliced Pears Milk</p>	<p>*Menu Subject to Change</p>

All Meals served with 8oz lowfat milk

Lighter Fare menu options offer lower sodium and/or calories and fat

MEALS ON WHEELS TELEPHONE NUMBER 717-273-9262