

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL Meals on Wheels 610-374-3195 x 220</p> <p>WHEN YOU NEED TO SKIP A MEAL</p>	<p>3-Jan</p> <p>Baked Chicken Breast w/ 1/4c. Gravy 1/2c. Parsley Noodles 1/2c. Green Beans 4oz. Chilled Apple Juice Whole Wheat Bread 1/2c. Rice Pudding</p>	<p>4-Jan</p> <p>Baked Pepper Steak w/ Gr. Peppers & Gravy 1/2c. Rice Pilaf 1/2c. Sweet Peas & Carrots Whole Wheat Bread Fresh Banana</p>	<p>5-Jan</p> <p>Baked Breaded Fish 1/2c. Parmesan Noodles 1/2c. Stewed Tomatoes Whole Wheat Bread 1/2c. Pineapple & Cherries</p>	<p>6-Jan</p> <p>Cheeseburger w/ 1/4c. Lettuce, 1 Slice Tomato 1/2c. Ovenbrowned Potatoes Sandwich Roll, Crackers 1/2c. Lime Frosted Pears</p>
<p>9-Jan</p> <p>Baked Swiss Steak w/ 1/4c. Mushroom Gravy 1/2c. O'Brien Potatoes 1/2c. Sweet Peas 2 Whole Wheat Bread 1/2c. Applesauce</p>	<p>10-Jan</p> <p>Baked Ham Slice w/ Cloves 1/2c. Sweet Potatoes 1/2c. Steamed Broccoli w/ Red Peppers 2 Rye Bread. Fruit Cocktail</p>	<p><i>January Birthday's 11-Jan</i></p> <p>Baked Meatloaf w/ 1/4c. Gravy 1/2c. Whipped Potatoes 1/2c. Sweet Corn 2 Whole Wheat Bread "Birthday Cake"</p> 	<p>12-Jan</p> <p>Chicken w/ Gravy (1/2c) over Waffles (2) 1/2c. Fresh Pepper Slaw 1/2c. Baby Carrots 1/2c. Gelatin</p>	<p>13-Jan</p> <p>Chili Con Carne (1c.) 1/2c. Toss Salad w/ Tomato 1/2c. White Rice Corn Bread Square 1/2c. Mandarin Oranges</p>
<p>16-Jan</p>  <p>3oz. Roast Beef w/ 1/4c. Gravy 1/2c. Whipped Potatoes 1/2c. Dill Green Beans 2 Wheat Bread Fresh Apple</p>	<p>17-Jan</p> <p>Baked Chicken Supreme w/ 3oz. Chicken 1/2c. Brown Fiesta Rice 1/2c. Steamed Broccoli Whole Wheat Bread 1/2c. Chilled Plums</p>	<p>18-Jan</p> <p>Sloppy Joe Sandwich (1/2c) 1/2c. Potatoes & 1/2c. Zucchini w/ Crackers 4oz. Frosty Fruit Juice Sandwich Roll 1/2c. Sliced Peaches</p>	<p>19-Jan</p> <p>3oz. Roast Turkey w/ 1/4c. Gravy 1/2c. Sweet Potatoes 1/2c. Homemade Stuffing Whole Wheat Bread Fresh Orange</p> 	<p>20-Jan</p> <p>Sweet & Sour Meatballs (4) 1/2c. Egg Noodles 1/2c. Toss Salad w/ Tomato 1/2cc. Sliced Carrots Multi Grain Bread 1/2c. Butterscotch Pudding</p>
<p>23-Jan</p> <p>3oz. BBQ Pork Rib 1/2c. Seasoned Red Potatoes 1/2c. Yellow Beans Sandwich Roll 1/2c. Sliced Peaches</p>	<p>24-Jan</p> <p>Baked Lasagna 1/2c. Toss Salad w/ Tomato 4oz. Pineapple Juice Italian Bread 1/2c. Choc. Pudding</p>	<p>25-Jan</p> <p>Baked Salisbury Steak w/ 1/4c. Gravy 1/2c. Baked Potato w/ S. Cream 1/2c. Warm Beets 2 Whole Wheat Bread Fresh Apple</p>	<p>26-Jan</p> <p>Baked Tuna Noodle Casserole (1c) 1/2.c Mixed Vegetables Multi Grain Bread 1/2.c Tropical Fruit Salad Sugar Cookie</p>	<p>27-Jan</p> <p>Grilled Chicken Caesar Salad 1c. Toss Salad w/ Tomato w/ crackers Apple Juice 2 Whole Wheat Bread 1/2c. Diced Pears</p>
<p>30-Jan</p> <p>Batter Dipped Fish 1/2c. Ranch Noodles 1/2c. Stewed Tomatoes Whole Wheat Bread 1/2c. Pineapple & Mandarin Oranges</p>	<p>31-Jan</p> <p>Baked Shepherd's Pie w/ Gravy 1/2c. Mixed Vegetables 3/4c. Toss Salad w/ Tomato White Bread Oatmeal Cookie</p>			