


Lewisburg/Milton Meals on Wheels
A Ministry of RiverWoods and Albright Care Services since 1972
570-522-1934



Please fill in your name: _____

Comments:

Note: the meal consists of 3 ounces of protein, 4 ounces of a starch and 4 ounces of vegetables.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	1 Beef Liver with Onions or Classic Cheeseburger	2 Meat Lasagna or Lemon Dill Haddock	3 Chicken Pot Pie or Swedish Meatballs	4 Macaroni & Cheese or Egg Salad Sandwich	5 Chicken Caesar Salad or Baked Cod with Lemon Butter Sauce
Week 1	8 Our own Homemade Salmon Cake or Southwest Patty Melt Hamburger with jack cheese and sauteed onions	9 Chesapeake Seafood Salad Sandwich or Pork Chop with Sauerkraut with mashed potatoes	10 Lemon Dill Haddock or Chicken Stir Fry over brown rice	11 Classic Chef's Salad or Good Old Fashioned Chicken and Waffles	12 All Beef Hot Dog with Sauerkraut or Healthy and Hearty Beef Stew
Week 2	15 Tuna Salad Wrap or Baked Stuffed Pork Chop	16 Cape Cod Turkey Sandwich or Beef and Vegetable Stir Fry over Rice	17 Beef Pot Pie or Crispy Baked Catfish	18 Classic Chef's Salad or Pasta Primavera with Cream Sauce	19 Sloppy Joe or Iowa Inspired Pork Loin
Week 3	22 Apple Cider Glazed Pork Tenderloin or Chrispy Chicken Sandwich	23 Tuna Salad on Wheat Bread or Chicken Alfredo	24 Herb Crusted Roast Beef or Fish Fillet Sandwich	25 Chicken Salad Sandwich or Spaghetti with Meat Sauce	26 Philly Cheese Steak Sandwich or Classic Chef's Salad
Week 4	29 Pulled BBQ Pork or Balsamic Grilled Chicken	30 Honey Lime Turkey Salad or Chicken Fried Steak with Country Cream Gravy			

Enjoy making your selections. Return one copy with your delivery person. You may order more than 1 meal per day by noting the amount.
To make sure your selections are honored, please return as soon as possible. Thank you! Note: The menu may change on short notice.

We love our volunteers!