

Lewisburg/Milton Meals on Wheels

A Ministry of RiverWoods and Albright Care Services since 1972



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 3		1 Chicken Alfredo or Philly Cheesesteak Sandwich	2 Herb Crusted Roast Beef or Fish Fillet Sandwich	3 Chicken Salad Sandwich or Cheese Tortellini with Pesto Sauce	4 Classic Chef Salad or Tuna Salad Sandwich
Week 4	7 Balsamic Grilled Chicken or Kielbasa Sausage Sandwich	8 Honey Lime Turkey Salad or Meat Loaf Dinner	9 Seafood Louis Salad Plate or Glazed Ham Dinner	10 Beef Stir Fry over rice or Herb Roasted Pork Loin	11 Roast Beef & Provolone Sub or Smokey Mac & Cheese
Week 5	14 Liver and Onions or Ham Loaf	15 Meat Lasagna or Turkey Pot Pie with Biscuit	16 Classic Chicken Caesar Salad or Swedish Meatballs	17 Egg Salad Sandwich or Tater Tot Casserole	18 Chicken Salad Sandwich or Baked Cod with Lemon Butter Sauce
Week 1	21 Homemade Salmon Cake or Patty Melt	22 Chesapeake Seafood Salad Sandwich or Pork Chop with Sauerkraut	23 Lemon Dill Haddock or Chicken Stir Fry over Rice	24 Classic Chef's Salad or Chicken and Waffles	25 All Beef Hot Dog with Sauerkraut or Hearty Beef Stew
Week 2	28 Baked Stuffed Pork Chop or Three Cheese Quiche	29 Cape Cod Turkey Sandwich or Beef and Vegetable Stir Fry over Rice	30 Tuna Salad Wrap or Salisbury Steak with Brown Gravy		

Enjoy making your selections. Return one copy with the 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.

Any questions or concerns please call 570-522-1934

We love our volunteers!