

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



We are normally closed when schools are closed, however many schools are not in session. Please keep in mind, we will not deliver when the weather is exceptionally bad. Be safe!

Please fill in your name: _____

Comments: _____

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 5					1 Baked Cod with Lemon Butter Sauce Or Chicken Salad Sandwich
Week 1	4 Salmon Cake or Patty Melt	5 Chesapeake Seafood Salad Sandwich or Pork Chop with Sauerkraut	6 Lemon Dill Haddock or Chicken Stir Fry <i>both served with rice</i>	7 Chef Salad or Chicken and Waffles	8 All Beef Hot Dog or Hearty Beef Stew
Week 2	11 Tuna Salad Wrap or Baked Stuffed Pork Chop	12 Cape Codder Turkey Sandwich or Beef and Veggie Stir Fry	13 Beef Pot Pie or Crispy Baked Catfish	14 Chef Salad or Pasta Primavera with Cream Sauce	15 Sloppy Joe or Iowa Inspired Pork Loin
Week 3	18 Apple Cider Glazed Pork Tenderloin or Crispy Chicken Sandwich	19 Chicken Alfredo or Philly Cheesesteak Sandwich	20 Herb Crusted Roast Beef or Fish Fillet Sandwich	21 Chicken Salad Sandwich or Cheese Tortellini with Pesto Sauce	22 Chef Salad or Tuna Salad Sandwich
Week 4	25 Balsamic Grilled Chicken or Kielbasa Sausage Sandwich	26 Honey Lime Turkey Salad or Meat Loaf	27 Glazed Ham or Seafood Louis Salad Plate	28 Beef Stir Fry or Herb Roasted Pork Loin <i>both served with rice</i>	29 Roast Beef & Provolone Sub or Smokey Mac n' Cheese

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.