

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 Liver and Onions Or Glazed Ham	2 Lasagna Or Turkey Pot Pie with Biscuit	3 Chicken Caesar Salad Or Swedish Meatballs	4 Egg Salad Sandwich Or Tater Tot Casserole	5 Baked Cod with Lemon Butter Sauce Or Chicken Salad Sandwich
Week 1	8 Salmon Cake Or Patty Melt	9 Chesapeake Seafood Salad Sandwich Or Pork Chop with Sauerkraut	10 Lemon Dill Haddock Or Chicken Stir Fry <i>Both served with rice</i>	11 Chef Salad Or Chicken and Waffles	12 All Beef Hot Dog Or Hearty Beef Stew
Week 2	15 Baked Stuffed Pork Chop Or Three Cheese Quiche	16 Cape Codder Turkey Sandwich Or Beef and Veggie Stir Fry	17 Tuna Salad Wrap with Side Salad Or Salisbury Steak with Gravy	18 Chef Salad Or Pasta Primavera	19 Iowa Inspired Pork Loin Or Bourbon Glazed Turkey Burger
Week 3	22 Apple Cider Glazed Pork Tenderloin Or Crispy Chicken Sandwich	23 Chicken Alfredo Or Philly Cheesesteak Sandwich	24 Herb Crusted Roast Beef Or Fish Fillet Sandwich	25 Chicken Salad Sandwich Or Cheese Tortellini with Pesto Sauce	26 Chef Salad Or Tuna Salad Sandwich
Week 4	1 Balsamic Grilled Chicken or Kielbasa Sausage Sandwich	2 Honey Lime Turkey Salad Or Meat Loaf	3 Glazed Ham Or Seafood Louis Salad Plate	4 Beef Stir Fry Or Herb Roasted Pork Loin <i>Both served with rice</i>	5 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 without notice.