



MEALS ON WHEELS MENU

October 2018




NOTES:

Subject to change due to availability & weather.

Substitutions made for SPECIAL & RENAL diets.

Office:
570-424-8794

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|----|-------------------------------|----|------------------------|----|------------------------------|----|---|----|--------------------------------|----|----------|----|
| | | | 1 | | 2 | | 3 | | 4 | | 5 | | 6 |
| | | Salisbury Steak | | Chicken Stir-Fry | | Cheese Manicotti | | Pork Chop Milanese | | 10- Grain Pollock | | | |
| | | Chicken Breast Sandwich | | Vegetable & Rice Salad | | Salami & Mozzarella Sandwich | | Turkey & Cheese Sandwich | | Cesar Salad | | | |
| | 7 | | 8 | | 9 | | 10 | | 11 | | 12 | | 13 |
| | | Turkey Burger | | Vegetarian Chili | | Roast Beef w/ Gravy | | Stuffed Chicken Breast | | Pierogi's | | | |
| | | Ham & Swiss Sandwich | | BLT Salad | | Turkey Club Wrap | | Ham & Pickle Salad | | Tuna Salad | | | |
| | 14 | | 15 | | 16 | | 17 | | 18 | | 19 | | 20 |
| | | Beef Ravioli | | Porketta w/Gravy | | Chicken Marsala | | Spaghetti & Meatballs | | Baked Fish Thermidor | | | |
| | | Cuban Sandwich | | Dilled Turkey Salad | | Chef Salad | | BBQ Pork Sandwich | | Pepper Onion Cheese Quesadilla | | | |
| | 21 | | 22 | | 23 | | 24 | | 25 | | 26 | | 27 |
| | | Chicken Kiev | | Goulash | | Turkey Pot Pie | | Vegetable Lasagna | | Omelette | | | |
| | | Cheeseburger | | Spinach Salad | | Italian Antipasto | | Taco Salad | | Fish Filet w/Cheese | | | |
| | 28 | | 29 | | 30 | | 31 | | | | | | |
| | | Baked Ham | | Chicken Piccata | | Turkey Tetrazzini | | Happy Halloween! | | | | | |
| | | Roast Beef & Cheddar Sandwich | | Egg Salad | | Chicken Salad | |  | | | | | |