



Lewisburg/Milton Meals on Wheels

A Ministry of Riverwoods and Albright Care Services since 1972

570-522-1934

Please keep in mind, we will not deliver when the weather is exceptionally bad or when Lewisburg or Milton cancel classes due to inclement weather.

Please fill in your name: _____

Comments:

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|--|---|---|---|
| Week 3 | | | 1 Pasta and Meatballs Or Ham and Cheese Sub | 2 Philly Cheesesteak Or Turkey A La King | 3 Chef Salad Or Chicken Thigh Cacciatore |
| Week 4 | 6 Egg Salad Sandwich Or Stuffed Peppers | 7 Chicken and Waffles Or Beef Stir Fry | 8 Roasted Turkey Breast Or Hamloaf | 9 Chicken Salad Sandwich Or Crispy Baked Catfish | 10 Beef Stroganoff Or Pork Chop with Sauerkraut |
| Week 5 | 13 Lasagna Or 3 Cheese Quiche | 14 Chicken Pot Pie Or Monte Cristo Sandwich | 15 Chicken Caesar Salad Or Macaroni and Cheese | 16 Liver and Onions Or Italian Sub | 17 Baked White Fish Or Chicken Salad Sandwich |
| Week 1 | 20 Chopped Beef Steak Or Quiche | 21 Chicken Fried Steak Or Hamloaf | 22 Cuban Pork Panini Or Seafood Newburg | 23 Grilled Vegetable Fajita Or Parmesan Chicken Breast | 24 Baked Tilapia Or Roast Beef |
| Week 2 | 27 Cape Cod Turkey Sandwich Or Supreme Pizza | 28 Ham Pot Pie Or Turkey Burger | 29 Sloppy Joe Or Lemon Sage Chicken | 30 Cheese Egg Bake Or BLT Chicken Salad | 31 Open Faced Roast Beef Sandwich Or Fish Sandwich |

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.