

# September

## Lewisburg/Milton Meals on Wheels

A Community Service of Asbury/RiverWoods since 1972

570-522-1934

Your name: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4					1 Peach BBQ Glazed Turkey Or Pork Tenderloin
Week 5	4 Cheese Ravioli with Tomato Sauce Or Cuban Sandwich	5 Macaroni & Cheese Or BLT Chicken Salad	6 Ham Pot Pie Or Roasted Beef	7 Shepherd's Pie Or Turkey Burger	8 Hamloaf Or Pork Pernil
Week 1	11 Baked Cod Or Potato Pasta with Meat Sauce	12 Rigatoni with Rasted Tomatoes Or Chicken Caesar Salad	13 Chicken Tenders Or Braised Beef Brisket	14 Open Face Hot Turkey Sandwich Or Beef Enchiladas	15 Smoked Turkey Breast Or Smothered Pork
Week 2	18 Chicken Alfredo Or Salmon Cake	19 Beef Stroganoff Or Chicken Taco Salad	20 Chicken Pot Pie Or Chopped Beef Steak	21 Roast Beef Or Roast Turkey	22 Peach Glazed Ham Or Braised Turkey Thigh
Week 3	25 Grilled Cheese Sandwich Or Baked Tilapia	26 Cheese Manicotti in Tomato Sauce Or Chicken Salad Sandwich	27 BBQ Chicken Or Italian Roast Beef	28 Meatloaf Or Cape Coder Turkey Sandwich	29 Turkey Pot Pie Or Rosemary Roasted Pork

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.