



Lewisburg/Milton Meals on Wheels

A Community Service of Asbury/RiverWoods since 1972

570-522-1934

Your name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3			1 BBQ Chicken Thigh Or Italian Roast Beef	2 Meatloaf Or Cape Codder Turkey Sandwich	3 Turkey Pot Pie Or Rosemary Roasted Pork
Week 4	6 Rotini Alfredo Or Tilapia Provencal	7 Lasagna Or Chicken Caesar Salad	8 Beef Stew Or Southwestern Chicken Thigh	9 Pot Roast Or Turkey Melt	10 Peach BBQ Glazed Turkey Or Pork Tenderloin
Week 5	13 Cheese Ravioli with Tomato Sauce Or Cuban Sandwich	14 Macaroni & Cheese Or BLT Chicken Salad	15 Ham Pot Pie Or Roasted Beef	16 Shepherd's Pie Or Turkey Burger	17 Hamloaf Or Pork Pernil
Week 1	20 Baked Cod Or Potato Pasta with Meat Sauce	21 Rigatoni with Roasted Tomatoes Or Chicken Caesar Salad	22 Chicken Tenders Or Braised Beef Brisket	23 Happy Thanksgiving!! No meal delivery today.	24 Smoked Turkey Breast Or Smothered Pork
Week 2	27 Chicken Alfredo Or Salmon Cake	28 Beef Stroganoff Or Chicken Taco Salad	29 Chicken Pot Pie Or Chopped Beef Steak	30 Roast Beef Or Roast Turkey	12/1 Peach Glazed Ham Or Braised Turkey Thigh

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.