



Lewisburg/Milton Meals on Wheels

A Community Service of Asbury/RiverWoods since 1972

570-522-1934

Your name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2	1 Chicken Alfredo Or Salmon Cake	2 Beef Stroganoff Or Chicken Taco Salad	3 Chicken Pot Pie Or Chopped Beef Steak	4 Roast Beef Or Roast Turkey	5 Peach Glazed Ham Or Braised Turkey Thigh
Week 3	8 Grilled Cheese Sandwich Or Crispy Baked Tilapia	9 Baked Cheese Manicotti Or Chicken Salad Sandwich	10 BBQ Chicken Thigh Or Italian Roast Beef	11 Meatloaf Or Cape Codder Turkey Sandwich	12 Turkey Pot Pie Or Roasemary Roasted Pork
Week 4	15 Rotini Alfredo Or Tilapia Provencal	16 Lasagna Or Chicken Caesar Salad	17 Old Fashioned Beef Stew Or Southwest Chicken Thigh	18 Pot Roast Or Turkey Melt	19 Peach BBQ Glazed Turkey Or Pork Tenderloin
Week 5	22 Cheese Ravioli with Tomato Sauce Or Cuban Sandwich	23 Macaroni & Cheese Or BLT Chicken Salad	24 Ham Pot Pie Or Roasted Beef	25 Shepherd's Pie Or Turkey Burger	26 Hamloaf Or Pork Pernil
Week 1	29 Baked Cod Or Potato Pasta with Meat Sauce	30 Rigatoni with Roasted Tomatoes Or Chicken Caesar Salad	31 Chicken Tenders Or Braised Beef Brisket	2/1 Open Face Hot Turkey Sandwich Or Beef Enchiladas	2/2 Smoked Turkey Breast Or Smothered 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.