



MEALS ON WHEELS MENU

October 2017



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	7
	Pull Pork	Crab Cake	BBQ Chicken	Sweet & Sour Pork	Mac & Cheese	
	Turkey sandwich	Ham sandwich	Seafood salad	Chix salad sandwich	Egg salad sandwich	
8	9	10	11	12	13	14
	Cheese Ziti	Fish	Pork Chop	Braised Beef Dip	Chix w/gravey	
	Tuna salad sandwich	Meat loaf sandwich	Curry Chix salad	Turkey hoagie	Roast beef sandwich	
15	16	17	18	19	20	21
	Hamburger	Ham	Chix w/gravy	Pot Roast	Fish	
	Turkey pastrami sandwich	Seafood salad	Beef sandwich	Cottage cheese w/fruit	Egg salad sandwich	
22	23	24	25	26	27	28
	Sloppy Joe	Sausage	Chix w/gravy	Meatloaf	Tortellini	
	Tuna salad sandwich	Chix salad sandwich	Roast beef sandwich	Ham salad sandwich	Turkey sandwich	
29	30	31				
	Veal Patty	Sausage				
	Ham sandwich	Chix salad sandwich				