



MEALS ON WHEELS MENU

November 2017



NOTES:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3	4
Subject to change due to availability & weather.				Salisbury steak	Roasted turkey	Fish	
				Turkey pastrami sandwich	Ham salad sandwich	Egg salad sandwich	
	5	6	7	8	9	10	11
Substitutions made for SPECIAL & RENAL diets.		Spaghetti w/ meatballs	Veal w/ mushroom gravy	Chix Picatta	Beef pot roast	Mac & cheese	
		Chix salad sandwich	Ham w/ cheese sandwich	Roast beef sandwich	Turkey breast sandwich	Tuna salad sandwich	
Office: 570-424-8794	12	13	14	15	16	17	18
		Chix croquette	Cheese ziti w/ meatballs	Salisbury steak	Herbed pork	Crab cake	
		Meal loaf sandwich	Ham sandwich	Cranberry turkey salad sandwich	Roast beef sandwich	Egg salad sandwich	
	19	20	21	22	23	24	25
		Chix ala king	Baked Ham	Chix marsala	HAPPY	THANKSGIVING	
		Ham sandwich	Sliced turkey sandwich	Roast beef sandwich	OFFICE	CLOSED	
	26	27	28	29	30		
		Swedish meatballs	Turkey	Beef stew	Sweet & sour pork		
		Roast beef sandwich	Ham sandwich	Slice turkey sandwich	Chix salad sandwich		