



Lewisburg/Milton Meals on Wheels

A Community Service of Asbury/RiverWoods since 1972

570-522-1934

Your name: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
3	7/1 Chicken & Waffles Or Baked Tilapia	2 Cheese Manicotti Or Chicken Salad Sandwich	3 Swedish Meatballs Or Grilled Vegetable Fajita	4th of July Holiday No meals served.	5 Turkey Pot Pie Or BBQ Pulled Pork
4	8 Seasoned Chicken Breast Or Salisbury Steak	9 Lasagna Or Chicken Caesar Salad	10 Old Fashioned Beef Stew Or Pork Tenderloin	11 Pot Roast Or Thai Seasoned Shrimp Cake	12 Peach BBQ Glazed Turkey Or Goulash
5	15 Cheese Ravioli with Alfredo Sauce Or Cuban Sandwich	16 Macaroni & Cheese Or BLT Chicken Salad	17 Ham Pot Pie Or Roast Beef	18 Shepherd's Pie Or Turkey Hoagie	19 Hamloaf Or Ginger Sesame Salad with Chicken
1	22 Baked Cod Or Turkey a la King	23 Rigatoni with Roasted Tomatoes Or Chicken Caesar Salad	24 Chicken Tenders Or Braised Beef Brisket	25 Open Face Hot Turkey Sandwich Or Beef Enchiladas	26 Pork & Sauerkraut Or Spinach & Mushroom Casserole
2	29 Chicken Alfredo Or Salmon Cake	30 Roast Beef Or Roast Turkey	31 Chicken Pot Pie Or Cabbage Rolls	8/1 Beef Stroganoff Or Chicken Taco Salad	8/2 Peach Glazed Ham Or Braised Chicken 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.***