





Menu items subject to change due to availability.

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	2 Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	3 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	4 Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	5 Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk	8 Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	9 Turkey Tetrazzini Green Beans Mushroom Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk	10 Baked Stuffed Chicken Breast Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	11 Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	12 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk
15 Turkey Divan Steamed or Baked Rice Whole Wheat Roll/Bread Fresh Fruit Skim Milk	16 Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk	17 Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Chilled Fruit Cup Skim Milk	18 Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	19 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Boston Cream Pie Whole Wheat Roll/Bread Skim Milk	22 Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	23 Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk	24 Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	25 Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk	26 Taco Salad Black Bean and Corn Salad Garnished Watermelon Slice Skim Milk
29 Fish Sandwich French Fries Baked Cole Slaw Pineapple Slices Skim Milk	30 Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk	 <p>DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities</p> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p>		 <p>MEALS on WHEELS AMERICA 2024 MEMBER</p>					