



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	3 Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	4 Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk	5 Moroccan Chicken Basmati Rice Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	6 New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk
9 Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	10 Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	11 Pork Carnitas Taco Chuck-wagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	12 Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	13 Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
16 ALL CENTERS CLOSED	17 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	18 Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Skim Milk	19 Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	20 Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
23 Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	24 Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	25 Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	26 Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	27 Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk





DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from
the DHSS Division of Services for Aging
and Adults with Physical Disabilities"*

Menu items subject to change due to availability.

55

YEARS

1971-2026

CHEER

Celebrating 55 Years of Serving Sussex Seniors



MEALS on WHEELS
AMERICA

2026 MEMBER