

Monday		Tuesday		Wednesday		Thursday		Friday			
Menu Subject to Change						1		2			
						Steak Quesadilla w/salsa and sour cream Side Salad: shredded lettuce, tomato, and cheddar. Refried Beans/ Fresh Fruit		Baked Manicotti w/ Marinara and Parmesan Steamed Broccoli Breadstick Applesauce			
		5		6		7		8		9	
		Pea and Cheese Salad Pork Chop Sandwich w/ grilled onion, lettuce and tomato Potato Wedges Tropical Fruit		Grilled Lemon Herb Pollock Rice Pilaf Peas Dinner Roll Pears		Italian Salad Veggie Burger Roasted Potatoes Pudding Peaches		Grilled Chicken and Citrus Salad Flat Bread w/ Hummus Fresh Fruit Cookie		Broccoli Salad Baked Ham and Swiss on Ciabatta Bun Sweet Potato Wedge Fresh Fruit	
		12		13		14		15		16	
Cheeseburger w/lettuce and tomato Chopped Cucumber Salad Baked Beans Watermelon		Coleslaw Fish Sandwich w/ lettuce, tarter and tomato French Fries Mixed Fruit		Lemon Pepper Chicken Homemade Mac and Cheese Steamed Zucchini Dinner Roll Mandarin Oranges		Garden Salad Salisbury Steak Mashed Potatoes and Gravy Dilled Carrots Apricots Dinner Roll		Chef Salad: Romaine, Ham and Turkey, Boiled Egg, Cucumber, Tomato, Cheddar Breadstick Cookie Fresh Fruit			
19		20		21		22		23			
Stuffed Peppers Steamed Rice Broccoli Peaches Dinner Roll		Spanish Omelet Diced Hashbrown Potatoes Yogurt Cup Tropical Fruit Muffin		Southwestern Salad: Chicken, black beans, corn, cheddar, tomatoes in a tortilla shell w/ fiesta dressing Muffin/ Fresh Fruit		Salmon burger w/ lettuce and tomato Potato Salad Cookie Pineapple		Chicken Salad on Croissant w/ lettuce Fresh Veggies and Dip Fresh Fruit			
26		27		28		29		30			
Broccoli Salad Cranberry Turkey Wrap Chips Fresh Fruit		Meatball Stroganoff Steamed Rice Stir Fry Vegetables Mandarin Oranges Dinner Roll		Crispy Chicken Salad w/Romaine, Tomato, Cucumber, Boiled Egg and Cheddar Fresh Fruit Bread Stick		Garden Salad French Bread Pizza Tropical Fruit Brownie		Dilled Cucumber Salad Butter Chicken Turmeric Rice Steamed Broccoli Mixed Fruit			

1% milk, roll or bread, and fortified margarine are available with all meals. All fresh produce is subject to availability. Substitutions may be made without notice.

Suggested meal donation for eligible persons (aged 60+) is \$4.00 For non-eligible persons (aged 59 and younger), cost is \$8.00 per meal