

Monday	Tuesday	Wednesday	Thursday	Friday
3 Parmesan Crusted Tilapia Garlic Herb Potatoes Steamed Vegetables Pineapple Dinner Roll	4 Dilled Cucumber Salad Veggie Burger w/ cheese, lettuce, and tomato French Fries Peaches	5 Garden Salad Sweet and Sour Meatballs Steamed Rice Mixed Fruit Dinner Roll	6 Grilled Chicken and Citrus Salad Flat Bread w/ Hummus Fresh Fruit Cookie	7 Broccoli Salad Cranberry Turkey Wrap Sun Chips Pears
10 Salisbury Steak Mashed Potatoes w/ Gravy Capri Vegetables Fresh Fruit	11 Oven Roasted Chicken Leg Wild Rice Steamed Vegetable Dinner Roll Mixed Fruit	12 Turkey, Cheddar, and Spinach Wrap Macaroni Salad Sun Chips Peaches	13 Black Bean Salad Fish Taco Spanish Rice Mandarin Oranges	14 Lasagna Breadstick Steamed Broccoli Fresh Fruit
17 Vegetable Soup Grilled Cheese Pears Pudding	18 Chicken Caesar Wrap Chips Tropical Fruit Cookie	19 Potato Salad Cheeseburger w/ lettuce and tomato Baked Beans Mixed Fruit	20 Southwestern Salad: Chicken, Beans, Cheese, Corn, Romaine, and tomatoes in a tortilla bowl w/fiesta dressing Fresh Fruit\Muffin	21 Coleslaw Fish and Chip w/ tarter Corn Muffin Cookie Peaches
24 Spanish Omelet Hashbrowns Yogurt Fruit Bowl	25 Garden Salad Cheese Pizza w/ veggies Cookie Fresh Fruit	26 Crispy Chicken Salad w/Romaine, Tomato, Cucumber, Boiled Egg and Cheddar Fresh Fruit Bread Stick	27 Coleslaw BBQ Pork on bun Potato Wedges Tropical Fruit	28 Meatloaf w/mashed potatoes and gravy Green Beans Pears Dinner Roll
31 Chicken Salad on Croissant w/ lettuce and tomato Fresh Veggies w/ dip Chips Fresh Fruit/ Brownie				

1% milk, 2oz whole grain, 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 people (aged 60+) is \$5.00. For non-eligible people, (aged 59 & younger) cost is \$9.00 per meal