

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ Corn & Red Pepper Relish Macaroni & Cheese Stewed Tomatoes Seasonal Fresh Fruit NEW ITEM	4 Taco Salad Taco Meat, Cheddar, Lettuce, Tomato, Salsa Tortilla Chips Rice Pineapple	5 Pasta & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Mied Fruit Salad	6 Chicken Philly Sandwich Cream of Potato Soup Coleslaw Hot Dog Bun	7 Roast Beef w/Gravy Mashed Potatoes Coin Carrots Italian Bread Peaches
10 Tortellini with Creamy Meat Sauce Garlic Green Beans Garlic Herb Breadstick Diced Peaches NEW ITEM	11 Sweet & Sour Chicken Steamed Brown Rice Island Blend Vegetables Wheat Bread Seasonal Fresh Fruit	12 Pizza Burger Carrots Hamburger Bun Fresh Fruit	13 Chicken, Spinach & Cranberry Salad w/ Dressing Mixed Greens & Spinach Dinner Roll Fresh Fruit	14 Bagged Lunch Tuna Salad on Wheat Roll Fruit Juice Cucumber Salad Cookie Milk
17 Chili with Cheese Baked Potato, Margarine Fresh Fruit Piece Cornbread	18 Swiss Steak w/ Gravy Cabbage & Noodles Seasoned Green Beans Pineapple Delight	19 Breaded Dill Chicken Sandwich Roasted Potatoes Warm Spiced Apples Hamburger Bun, Ranch PC NEW ITEM	20 Pork Loin w/ Gravy Brown Rice Mixed Vegetables Fresh Fruit	21 Baked Meatloaf w/ Onion Gravy Garlic Whipped Potatoes Sliced Carrots Wheat Bread
24 Teriyak Chicken White Rice Oriental Vegetables Pineapple Tidbits	25 Grilled Chicken Salad Chicken, HB Egg over Mixed Greens Dinner Roll Orange	26 Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Peaches	27 Bagged Lunch Chicken Salad on Wheat Roll Macaroni Salad Pickled Beets Fresh Fruit Cookie	28 Honey BBQ Meatballs Garlic Whipped Potatoes Carrots Dinner Roll Seasonal Fresh Fruit
31 Florentine Omelet w/ Creamed Spinach and Cheese Herbed Breakfast Potatoes Warmed Spiced Pears Dinner Roll NEW ITEM	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong!			

