

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes Seasonal Fresh Fruit NEW ITEM	4 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Rice 1/2c Pineapple	5 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2d Mied Fruit Salad	6 Chicken Philly Sandwich 1/2c Potato Salad 1/2c Coleslaw Hot Dog Bun	7 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peaches
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	11 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Island Blend Vegetables 1 Wheat Bread Seasonal Fresh Fruit	12 Pizza Burger 1/2c Carrots 1 Hamburger Bun Fresh Fruit	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1 Dinner Roll Fresh Fruit	14 French Dip Sandwich w/ 2oz Gravy 1/2c Broccoli Salad 1 Hot Dog Bun 1/2c Pineapple Tidbits
17 1c Chili with Cheese 1 Baked Potato, Margarine Fresh Fruit 1 Piece Cornbread	18 3oz Swiss Steak w/ 2oz Gravy 1/2c Cabbage & Noodles 1/2c Seasoned Green Beans 1/2c Pineapple Delight	19 Breaded Dill Chicken Sandwich 1/2c Roasted Potatoes 1/2c Warm Spiced Apples 1 Hamburger Bun, Ranch PC NEW ITEM	20 3oz Pork Loin w/ 2oz Gravy 1/2c Brown Rice 1/2c Mixed Vegetables Fresh Fruit	21 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread
24 4oz Teriyak Chicken 1/2c White Rice 1/2c Oriental Vegetables 1/2c Pineapple Tidbits	25 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1 Dinner Roll 1 Orange	26 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables White Bread 1/2c Peaches	27 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions Fresh Fruit NEW ITEM	28 Honey BBQ Meatballs (4) 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 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!			

