| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| $40 z$ BBQ Pulled Pork Sandwich 1/2c Hawaiin Coleslaw 1/2c Ranch Potatoes Sandwich Roll Cookie | Baked Beef Ravioli (6 Ravioli) w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit | Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie | Cheeseburger w/ Lettuce, Tomato 1/2c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit | Chicken, Spinach \& Cranberry Salad w/ Dressing (3oz chix, . $50 z$ cheese, 1t. Cran) 1c. Mixed Greens \& Spinach 1/2c. Beets 1 Breadstick 1 Piece Cake |
|  $\mathbf{8}$ <br> Roast Beef $w /$ Gravy  <br> $1 / 2 c$ Mashed Potatoes  <br> $1 / 2 c$ Mixed Vegetables  <br> 1 White Bread  <br> $1 / 2 c$ Pudding  | Teriyaki Chicken $1 / 2 \mathrm{C}$ Vegetable Rice Pilaf 1/2c Carrots 1 Wheat Bread Seasonal Fresh Fruit |  $\mathbf{1 0}$ <br> Sliced Ham w/ Pineapple Sauce  <br> $1 / 2 c$ Whipped Sweet Potatoes  <br> $1 / 2 c$ Green Beans  <br> 1 Dinner Roll  <br> 1 Cookie  |  11 <br> Orange Glazed Pork Loin  <br> $1 / 2 c$ Buttered Pasta  <br> $1 / 2 c$ California Blend  <br> 1 Wheat Bread  <br> $1 / 2 c$ Peach Crisp  |  $\mathbf{1 2}$ <br> $40 z$ Tuna Salad Sandwich  <br> w/lettuce \& tomato  <br> $1 / 2 c$ Broccoli Salad  <br> $1 / 2 \mathrm{c}$ Coleslaw  <br> 2 White Bread  <br> Seasonal Fresh Fruit  <br>   |
|  15 <br> Parmesan Chicken Over  <br> 1/2c. Lemon Asparagus Pasta  <br> 1c. Tossed Salad W/Tomato  <br> 1 Breadstick  <br> Seasonal Fresh Fruit  |  $\mathbf{1 6}$ <br> Sweet \& Sour Pork  <br> $1 / 2 c$. Rice  <br> 1/2c Mixed Vegetables  <br> 1 Wheat Bread  <br> 1/2c Apple Crisp  | 1 c Stuffed Pepper Casserole 17 <br> $1 / 2 \mathrm{c}$ Wax Beans  <br> $1 / 2 \mathrm{c}$ Peas $\&$ Carrots  <br> 1 White Bread  <br> $1 / 2 \mathrm{c}$ Pudding  | Turkey Chef Salad 18 <br> (2oz Turkey, 1oz Cheddar, over  <br> 1c Mixed Greens w/ Tomato)  <br> 1/2c Three Bean Salad  <br> 1 Dinner Roll  <br> 1/2c Gelatin  | $40 z$ Sloppy Joe <br> Baked Potato <br> 1/2c Green Beans <br> 1 Hamburger Bun <br> Seasonal Fresh Fruit |
| Swiss Steak <br> w/ 2 oz Onion Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears | Creamy Vegetable Lasagna $\mathbf{2 3}$ <br> $.5 o z$ Shredded Mozzarella  <br> 1c Tossed Salad  <br> 1 Garlic Breadstick  <br> $1 / 2 \mathrm{c}$ Peaches $\mathrm{w} / 1 / 4 \mathrm{c}$ Cottage Cheese  |  |  $\mathbf{2 5}$ <br> Baked Lemon Pepper Fish  <br> $1 / 2 \mathrm{c}$ Rice Pilaf  <br> $1 / 2 \mathrm{c}$ California Blend Vegetables  <br> Dinner Roll  <br> Seasonal Fresh Fruit  |  $\mathbf{2 6}$ <br> Baked Meatloaf $w /$ Gravy  <br> $1 / 2 c$ Mashed Potatoes  <br> $1 / 2 c$ Peas  <br> 1 White Bread  <br> $1 / 2 c$ Gelatin  |
| Creamy Parmesan Pork Chop $\mathbf{2 9}$ <br> 1/2c Diced Redskin Potatoes  <br> 1/2c Green Beans  <br> 1 Dinner Roll  <br> 1/2c Pineapple Tidbits  <br> Cookie  | Pasta \& Meatballs (4) $\mathbf{3 0}$ <br> 1/2c Pasta w/ Marinara  <br> 1c Tossed Salad w/ Tomato  <br> 1 Garlic Breadstick  <br> 1/2c Mixed Fruit Salad  |  | Please call the <br> Area Agency on Aging with all meal questions/concerns 717-273-9262 <br> cancellations: call on the previous business day before 11:00am <br> *menu is subject to change based on availability | The |

