

Monday

Tuesday

Wednesday

Thursday

Friday

				Steak Quesadilla w/salsa and sour cream	1	Baked Manicotti w/ Marinara and Parmesan	2
				Side Salad: shredded lettuce, tomato, and cheddar.		Steamed Broccoli	
				Refried Beans/ Fresh Fruit		Breadstick	
						Applesauce	
Pea and Cheese Salad	5	Grilled Lemon Herb Pollock	6	Grilled Chicken and Citrus Salad	7	Broccoli Salad	9
Pork Chop Sandwich w/ grilled onion, lettuce and tomato		Rice Pilaf		Flat Bread w/ Hummus		Warm Ham and Swiss on Ciabatta Bun	
Potato Wedges		Peas		Fresh Fruit		Sweet Potato Fries	
Tropical Fruit		Dinner Roll		Cookie		Fresh Fruit	
	12		13		14		15
Cheeseburger w/lettuce and tomato		Coleslaw		Garden Salad		Chef Salad: Romaine, Ham and Turkey, Boiled Egg,	16
Chopped Cucumber Salad		Fish Sandwich w/ lettuce, tarter and tomato		Salisbury Steak		Cucumber, Tomato, Cheddar	
Baked Beans		French Fries		Mashed Potatoes and Gravy		Breadstick	
Watermelon		Mixed Fruit		Dilled Carrots		Cookie	
	19		20	Apricots	21	Fresh Fruit	23
				Dinner Roll			
Stuffed Peppers		Spanish Omelet		Salmon burger w/ lettuce and tomato		Chicken Salad on Croissant w/lettuce	
Steamed Rice		Diced Hashbrown Potatoes		Potato Salad		Fresh Vegetables and Dip	
Broccoli		Yogurt Cup		Cookie		Fresh Fruit	
Peaches		Tropical Fruit		Pineapple			
Dinner Roll		Muffin					
	26		27		28		29
Broccoli Salad		Meatball Stroganoff		Crispy Chicken Salad w/Romaine, Tomato, Cucumber, Boiled Egg and Cheddar		Garden Salad	
Cranberry Turkey Wrap		Steamed Rice		French Bread Pizza		Tropical Fruit	
Chips		Stir Fry Vegetables		Brownie			
Fresh Fruit		Mandarin Oranges		Fresh Fruit			
		Dinner Roll		Bread Stick			
						Dilled Cucumber Salad	30
						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 is \$4.00. For non-eligible persons, cost is \$8.00 per meal