



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fish Filet/Lemon Butter Macaroni & Cheese Stewed Tomatoes Multigrain Bread/Marg Applesauce 1% Milk Tartar Sauce	2 Veal Parmigiana w/ LS Marinara Sauce Spaghetti w/ LS Marinara Sauce Italian Green Beans Garden Salad w/ Dressing Italian Bread w/ Margarine Canned Pears 1% Milk	3 Sliced Chicken White Rice Asian Vegetables Multigrain Bread w/ Margarine Oatmeal Cookies 1% Milk	4 Meatball Sandwich w/ LS Tomato Sauce Romano Blend* Roll w/ Margarine Fresh Apple 1% Milk <small>*Carrots, Italian Beans, Zucchini, Cauliflower</small>
	7 Roast Turkey w/LS Gravy Bread Filling Green Beans w/Almonds Whole Wheat Roll w/ Margarine Orange Cranberry Sauce Fruited Yogurt 1% Milk	8 Roasted Chicken Leg Long Grain & Wild Rice Stewed Tomatoes Three Bean Salad Multigrain Bread w/ Margarine Mandarin Oranges 1% Milk	9 Boneless Pork Chop Cheesy Scalloped Potatoes Butter Beans Rye Bread w/ Margarine Canned Apricots 1% Milk	10 Stuffed Pepper w/ LS Tomato Sauce Mashed Potatoes Glazed Carrots Whole Wheat Roll w/Margarine Fruited Yogurt 1% Milk
14 Salisbury Steak w/Brown Gravy Mashed Red Potatoes Harvard Beets Multigrain Bread w/ Margarine Fresh Orange 1% Milk	15 Stuffed Shells w/LS Meat Sauce Green Beans Italian Bread w/ Margarine Garden Salad w/Creamy Italian Dressing Lemon Fluff 1% Milk Grape Juice	16 Roast Pork w/LS Gravy Mashed Potatoes LS Sauerkraut Rye Bread w/ Margarine Applesauce Sugar Cookies 1% Milk	17 Open Hot Turkey Sandwich w/LS Gravy Paprika Potatoes Peas & Carrots White Bread w/ Margarine Canned Apricots 1% Milk	18 Swedish Meatballs Baked Potato Sliced Zucchini/Yellow Squash Strawberry Jello/Sliced Strawberries WW Roll w/Margarine 1% Milk
21 Sausage Patty w/ Peppers & Onions LS Tomato Sauce Crushed Cream Corn Carrot Raisin Salad Round Roll w/Margarine Fresh Apple 1% Milk	22 Hamburger BBQ Hamburger Roll Yellow Wax Beans Broccoli Salad Chocolate Pudding 1% Milk	23 Seafood Newburg Casserole Bow Tie Noodles w/ Parsley Tomato/Cucumber/Onion Salad Multigrain Bread w/ Margarine Hot Sliced Apples 1% Milk Apple Juice	24 Baked Boneless Chicken Breast Macaroni & Cheese Stewed Tomatoes Multigrain Bread Mandarin Oranges 1% Milk	25 St. Cabbage w/LS Tomato Sauce Mashed Potatoes Capri Vegetables* Pumpernickel Roll w/ Margarine Oatmeal Raisin Cookies 1% Milk <small>*zucchini, carrots, green beans</small>
28 Baked LS Ham Casserole w/Potatoes & Green Beans Lettuce w/Ranch Dressing Raisin Bread w/ Margarine Fresh Orange 1% Milk	29 Roast Beef w/ LS Gravy Scalloped Potatoes Spinach Rye Bread w/ Margarine Bread Pudding 1% Milk	30 Fish Filet/Lemon Butter Macaroni & Cheese Stewed Tomatoes Multigrain Bread/Marg Applesauce 1% Milk Tartar Sauce	To skip a meal please call your senior center	All meals served with margarine & milk w/ = with LS = Low Salt # = Unsweetened SF = Sugar Free All meals subject to change

