



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Fish Filet/Lemon Butter Macaroni & Cheese Stewed Tomatoes Multigrain Bread/Marg Applesauce 1% Milk Tartar Sauce	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	Sliced Chicken White Rice Asian Vegetables Multigrain Bread w/ Margarine Oatmeal Cookies 1% Milk	Meatball Sandwich w/ LS Tomato Sauce Romano Blend* Roll w/ Margarine Fresh Apple 1% Milk *Carrots, Italian Beans, Zucchini, Cauliflower
7	8	9	10	11
Roast Turkey w/LS Gravy Bread Filling Green Beans w/Almonds Whole Wheat Roll w/ Margarine Orange Cranberry Sauce Fruited Yogurt 1% Milk	Roasted Chicken Leg Long Grain & Wild Rice Stewed Tomatoes Three Bean Salad Multigrain Bread w/ Margarine Mandarin Oranges 1% Milk	Boneless Pork Chop Butter Beans Cheesy Scalloped Potatoes Rye Bread w/ Margarine Canned Apricots 1% Milk	Stuffed Pepper w/ LS Tomato Sauce Mashed Potatoes Glazed Carrots Whole Wheat Roll w/Margarine Fruited Yogurt 1% Milk	Baked Ham/Raisin Sauce Mashed Sweet Potatoes Lima Beans Cole Slaw WW Roll w/Margarine Cherry Pie 1% Milk Pineapple Juice
14	15	16	17	18
Salisbury Steak w/Brown Gravy Mashed Red Potatoes Harvard Beets Multigrain Bread w/ Margarine Fresh Orange 1% Milk	Stuffed Shells w/LS Meat Sauce Green Beans Italian Bread w/ Margarine Garden Salad w/Creamy Italian Dressing Lemon Fluff 1% Milk Grape Juice	Roast Pork w/LS Gravy Mashed Potatoes LS Sauerkraut Rye Bread w/ Margarine Applesauce Sugar Cookies 1% Milk	Open Hot Turkey Sandwich w/LS Gravy Paprika Potatoes Peas & Carrots White Bread w/ Margarine Canned Apricots 1% Milk	Swedish Meatballs Baked Potato Sliced Zucchini/Yellow Squash Strawberry Jello/Sliced Strawberries WW Roll w/Margarine 1% Milk
21	22	23	24	25
Sausage Patty w/ Peppers & Onions LS Tomato Sauce Crushed Cream Corn Carrot Raisin Salad Round Roll w/Margarine Fresh Apple 1% Milk	Hamburger BBQ Hamburger Roll Yellow Wax Beans Broccoli Salad Chocolate Pudding 1% Milk	Seafood Newburg Casserole Bow Tie Noodles w/ Parsley Tomato/Cucumber/Onion Salad Multigrain Bread w/ Margarine Hot Sliced Apples 1% Milk Apple Juice	Baked Boneless Chicken Breast Macaroni & Cheese Stewed Tomatoes Multigrain Bread Mandarin Oranges 1% Milk	St. Cabbage w/LS Tomato Sauce Mashed Potatoes Capri Vegetables* Pumpernickel Roll w/ Margarine Oatmeal Raisin Cookies 1% Milk *zucchini, carrots, green beans
28	29	30		
Baked LS Ham Casserole w/Potatoes & Green Beans Lettuce w/Ranch Dressing Raisin Bread w/ Margarine Fresh Orange 1% Milk	Roast Beef w/ LS Gravy Scalloped Potatoes Spinach Rye Bread w/ Margarine Bread Pudding 1% Milk	Fish Filet/Lemon Butter Macaroni & Cheese Stewed Tomatoes Multigrain Bread/Marg Applesauce 1% Milk	To skip a meal please call 610-374-3195 x 220	All meals served with margarine & milk w/ = with LS = Low Salt # = Unsweetened SF = Sugar Free

		Tartar Sauce		All meals subject to change
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