



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