



Menu Subject to Change

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

Tartar Sauce

All meals subject to change