

Monday	Tuesday	Wednesday	Thursday	Friday
3 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit NEW ITEM	4 Penne Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1/2c mixed fruit salad 1 Garlic Herb Breadstick	5 Tuna Salad Sandwich w/ Lettuce & Tomato 1/2c Beets Sandwich Roll Fresh Orange Cookie	6 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie	7 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Peach Crisp
10 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1/2c California Blend Vegetables 1 Garlic Herb Breadstick 1/2c Diced Peaches NEW ITEM	11 4oz Sweet & Sour Chicken 1/2c Steamed Brown Rice 1/2c Broccoli 1 Wheat Bread Seasonal Fresh Fruit	12 3oz Sliced Baked Ham 1oz Swiss Cheese 4oz Juice 2 Wheat Bread 1/2c Sliced Pears Mayo Packet	13 Chicken, Spinach & Cranberry Salad w/ Dressing 1c. Mixed Greens & Spinach 1c Cream of Cauliflower Soup 1 Dinner Roll 1/2c Pudding	14 BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Brussel Sprouts 1 Sandwich Roll 1/2c Pineapple Delight
17 3 oz Swiss Steakw/ 2 oz gravy 1/2c noodles 1/2c seasoned green beans 1 wheat bread 1/2c pineapple delight	18 1c Homemade Chili with Cheese 1 Baked Potato 1c Garden Salad with Dressing 1 Sweet Cornbread NEW ITEM	19 3oz Sliced Turkey Breast 1oz Provolone Cheese 2 Wheat Bread Fresh Fruit Mayo Packet 1/2c Potato Salad	20 3oz Baked Meatloaf w/ 2oz Onion Gravy 1/2c Garlic Whipped Potatoes 1/2c Sliced Carrots 1 Wheat Bread Seasonal Fresh Fruit	21 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Broccoli Fresh Fruit
24 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 Dinner Roll Seasonal Fresh Fruit	25 Pasta & Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas & Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit NEW ITEM	26 4oz Chicken Salad Sandwich 1/2c Broccoli Salad 2 White Bread 1/2c Applesauce Cookie	27 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches	28 4oz Sweet General Tso's Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Garlic Broccoli 1/2c Sweet Pineapple Tidbits 1 Cookie
31 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c Warmed Spiced Pears 1 Warm Biscuit NEW ITEM	For seniors, it's important to maintain muscle mass. Lean proteins, whole grains, and low fat dairy will help you stay strong!			

