

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Oven Fried Chicken Southern Green Beans Potato Salad Pineapple Tidbits WG Roll Margarine 100% Fruit Juice	Pork Chop w/Gravy – 3oz Mashed Sweet Potatoes – 4 oz Steamed Cauliflower – 4 oz Fresh Orange Corn Bread Margarine Milk	Peppered Beef Steak w/Gravy – 1 Roasted Potatoes – 4 oz Chopped Broccoli – 4 oz Mango & Papaya Fruit Mix Potato Roll Margarine 100% Fruit Juice	Creamy Turkey & Wild Rice Soup Chuck Wagon Veggie Blend Sweet Peas Applesauce Cup Wheat Roll Margarine Milk
8	9	10	11	12
Pulled BBQ Sandwich – 3 oz Baked Beans – 4 oz Green Beans – 4 oz Diced Pears – 4 oz Whole Grain Bun Milk	HM White Chicken Chili – 8 oz Steamed Baby Carrots – 4 oz Mixed Fruit Salad – 4 oz Corn Bake Margarine 100% Fruit Juice	Pub Burger w/Cheese – 1 Cauliflower Florets – 4 oz Mixed Veggies – 4 oz Fresh Apple Whole Wheat Bun – 1 Ketchup & Mustard Milk	Chicken Breast Sliced Marinated Beets – 4oz Far East Veggie Blend – 4 oz HM Birthday Cake Dinner Roll Margarine 100% Fruit Juice	Baked Fish w/Sauce – 3 oz Tuscan Asiago Veggie Blend Sweet Peas Strawberry Applesauce Dinner Roll Margarine Milk
15	16	17	18	19
Beef Fajitas Spanish Rice – 4 oz Sweet Corn w/Peppers – 4 oz Fresh Apple – 1 Soft Tortilla Shells Margarine Milk	Sloppy Joe – 3 oz Diced Potatoes – 4 oz Lima Beans – 4 oz Golden Apple – 1 Wheat Bun – 1 Margarine 100% Fruit Juice	Chicken Dumplings – 8 oz w/Stewed Veggies Cut Green Beans – 4oz Peaches – 4 oz Potato Roll Margarine Milk	Antipasto Salad w/pepperoni, salami, olives, cheese Cherry Tomatoes & Fresh Snap Peas Mandarin Oranges Cookie of the Month Flatbread 100% Fruit Juice	Chicken Marsala over Rice Pilaf Chopped Spinach – 4 oz Glazed Carrots – 4 oz Fruit Cocktail – 4 oz WG Roll Margarine Milk
22	23	24	25	26
Chicken Parmesan w/Spaghetti Veggie Blend – 4 oz Warm Peaches Garlic Roll Margarine Milk	Turkey Tetrizzini – 8 oz Winter Blend Veggies – 4 oz Crinkle Cut Carrots – 4 oz Applesauce – 1 Corn Muffin – 1 Margarine 100 Fruit Juice	Chef's Choice 	Sweet & Sour Chicken – 6 oz Brown Rice – 4 oz Peas & Carrots – 4 oz Mixed Fruit Cup Fortune Cookie Potato Roll Margarine 100% Fruit Juice	Artisan Macaroni & Cheese – 8 oz Zucchini & Tomatoes – 4 oz Steamed Broccoli – 4 oz Mixed Fruit – 4 oz Corn Muffin Margarine Milk
29	30			
Meatball Sub – 5 each Potato Wedges Veggie Blend – 4 oz Fresh Apple WW Sub Bun Milk	HM Chicken Salad Sandwich Grape Tomatoes 3 Bean Salad Fruit Cocktail Sliced Croissant 100% Fruit Juice			

You need to call the senior center the day before by 12:30 pm to schedule for lunch @ 810-658-1566