

Monday	Tuesday	Wednesday	Thursday	Friday
1 Golden Baked Chicken w/steamed Rice Country Vegetables Peaches Dinner Roll	2 Chicken Salad Wrap Pasta Salad w/broccoli & Grape tomatoes Fresh Fruit Cookie	3 French Bread Pizza Vegetable Lentil Soup Garden Salad Pears	4 Shrimp Louie: Romaine Lettuce topped w/shrimp, cucumber, boiled egg, tomato, & thousand island Dinner Roll Fruit Crisp	5 Sweet & Sour Meatballs Diced Cucumber Salad Steamed Rice Mixed Fruit Dinner Roll
8 Tuna Salad Sandwich w/lettuce and tomato Pineapple Sun Chips Cookie	9 Dijon Chicken Orzo w/peas Steamed Carrots Fresh Fruit Dinner Roll	10 BBQ Rib Sandwich Coleslaw Potato Wedges Peaches	11 Chicken Fajitas w/sour cream & salsa Black Bean Salad Spanish Rice Mandarin Oranges	12 Salisbury Steak Mashed Potatoes & gravy Capri Vegetables Fresh Fruit
15 Baked Potato topped with Chili, shredded Cheese, & sour cream Steamed Spinach Pears	16 Chicken Caesar Wrap Fresh Fruit Chips Cookie	17 Cheeseburger w/lettuce and tomato Baked Beans Potato Salad Fresh Fruit	18 Parmesan Crusted Tilapia Oven Roasted Potatoes Steamed Carrots Pineapple Dinner Roll	19 Baked Manicotti w/marinara & parmesan Tossed Salad Garlic Bread Mandarin Oranges
22 Grilled Chicken Pesto Pasta Garlic Bread Steamed Broccoli Cupcake Fresh Fruit	23 Two Beef Tacos w/lettuce, cheddar, salsa & sour cream Fiesta Salad Spanish Rice Pineapple	24 Grilled Cheese Vegetable Soup Broccoli Salad Fresh Fruit Pudding	25 Chef Salad: Romaine Lettuce topped w/turkey, ham, boiled egg, cheese, tomato, and cucumber Blueberry Muffin Fresh Fruit	26 Meatloaf Mashed potatoes & gravy Green Beans & Corn Applesauce Dinner Roll
29 Pork Chop Patty Scalloped Potatoes Mixed Vegetables Dinner Roll Apricots	30 Grilled Lemon Herb Pollock Wild Rice Caribbean Vegetables Dinner Roll Peaches			

1% milk, roll or bread, and fortified margarine are available with all meals. *Meal Substitutions may be made without notice.* All fresh produce is subject to availability.

Suggested meal donation for eligible persons is \$4.00. For non-eligible persons, cost is \$8.00 per meal