

Homage Senior Services Congregate Nutrition Program Menu- Served from 12:00-12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Turkey & Cheese on Flatbread Potato Salad Apricots Chips	2 Egg Salad Sandwich Carrot Sticks Fresh Fruit Chips Cookie	3 Turkey cranberry wrap Broccoli Salad Fresh Fruit Chips	Closed 	5 BBQ Rib Baked Beans Confetti Coleslaw Watermelon Iced Tea
8 Roast Beef & Cheddar on Kaiser Roll Pea and Cheese Salad Peaches Sun Chips	9 Oven Fried Chicken Rice Pilaf Brussel Sprouts Tropical Fruit Dinner Roll	10 Baked 3 Cheese Pasta w/meat sauce Winter Mix Vegetables Garlic Bread Fruit Mix	11 Tuna Salad Sandwich Fresh Fruit Chips Cookie	12 Golden Baked Chicken w/rice & gravy Country Vegetables Peaches Dinner Roll
15 Chicken Alfredo Steamed Broccoli Garlic Bread Fresh Fruit	16 Country Fried Steak w/mashed potatoes & gravy Green Beans Mandarin Oranges Dinner Roll	17 Crab Louie Salad: Romaine, Tomato, Cucumber, Boiled Egg & Crab Salad Thousand Island Dinner Roll Fresh Fruit	18 Pickled Beet Salad Mac & Cheese Steamed Broccoli Dinner Roll Pears	19 Chicken Salad on Croissant Fresh Veggies w/dip Diced Peaches on Tapioca Chips
22 Cabbage Rolls Rice Steamed Carrots Applesauce	23 Spaghetti with Meat sauce Garden Vegetables Fresh Fruit Garlic Bread	24 Fish & Chips Coleslaw Cornbread Apricots	25 Chicken Caesar Salad Breadstick Fresh Fruit Cookie	26 Turkey Burnt Ends on Hoagie w/slaw Potato Wedges Fresh Fruit
29 Stuffed Shells w/marinara Sauce & Parmesan Garden Vegetables Garlic Bread Peaches	30 Chicken Pita Pocket w/lettuce, tomato, cucumber, & tzatziki sauce Watermelon Garlic Fries	31 Crispy Chicken Salad Romaine, Tomato, Cucumber, Cheddar & Chicken Fresh Fruit Breadstick		

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