




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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Salmon Burger Tater Tots Coleslaw Peaches	3 Pork Chop Sandwich Potato Wedges Apricots	4 Baked Potato topped with chili & cheddar cheese Garden Salad Fresh Fruit Brownie	5 Broccoli Cheddar Soup Ham & Cheese Sandwich Mixed Fruit	6 Lasagna Garden Salad Garlic Bread Fresh Fruit
9 Parmesan Tilapia Wild Rice Green Beans Dinner Roll Applesauce	10 Roast Beef & Cheddar on Hoagie Roll Carrots with Ranch Peaches Chips	11  *Food truck on Site* Health Fair 10am-1pm	12 Grilled Chicken Sandwich Roasted Potato Medley Sweet Corn Salad Pears	13  Beef Pot Roast Mashed Potatoes with gravy Fresh Green Beans Dinner Roll Fruit Crisp a la mode
16 Cheese Quesadilla with sour cream & salsa Spanish Rice Black Bean Salad Melon	17 Oven Roasted Chicken Mac & Cheese Pickled Beet Salad Applesauce Dinner Roll	18 Southwestern Salad: Tortilla bowl, chicken, black beans, corn, cheddar, tomatoes Fiesta Dressing Fresh Fruit Muffin	19 CLOSED 	20  Cheeseburger Baked Beans Potato Salad Watermelon
23 Cheese Pizza with veggies Garden Salad Yogurt Pears	24 BBQ Pulled Pork on Bun Potato Wedges Coleslaw Fresh Fruit	25 Turkey & Cheddar in a Spinach Wrap Pasta Salad Peaches Chips	26 Vegetarian Lasagna Winter Mix Vegetables Garlic Bread Fresh Fruit	27 Meatloaf Mashed Potatoes & Gravy Country Vegetables Mandarin Oranges Dinner Roll
30 Tuna Salad Sandwich Diced Cucumber Salad Fruit Chips Cookie				

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 people is \$4.00. **For non-eligible people, the cost is \$8.00 per meal**