

Monday	Tuesday	Wednesday	Thursday	Friday
		¹ Navy Bean & Kale Soup Garden Salad Rustic Roll Fresh Fruit Cookie	² Hot Roast Beef & Cheddar Sandwich Pea & Cheese Salad Potato Wedges Mandarin Oranges	³ Lasagna Broccoli Breadstick Fresh Fruit Cookie
⁶ Cheese Pizza <i>with</i> veggies Garden Salad Diced Peaches <i>over</i> Tapioca Pudding	⁷ Herb Grilled Pollock Rosemary Potatoes Garden Vegetables Fresh Fruit Dinner Roll	⁸ Tender Beef Strips <i>with</i> Mushroom Gravy <i>over</i> Egg Noodles Green Beans Applesauce Dinner Roll	⁹ Macaroni & Cheese Pickled Beet Salad Steamed Spinach Fresh Fruit Dinner Roll	¹⁰ Grilled Chicken Sandwich Sweet Potato Fries Peaches Fresh Chocolate Chip Cookie
¹³ Salisbury Steak Mashed Potatoes & Gravy Scandinavian Vegetables Tropical Fruit Dinner Roll	¹⁴ Vegetable Quiche Roasted Potatoes Yogurt Pineapple Muffin	¹⁵ Parmesan Crusted Tilapia Wild Rice Garden Salad Fresh Fruit Dinner Roll	¹⁶ Oven Fried Chicken Rosemary Potatoes Green Beans Pears Dinner Roll	¹⁷ Oktoberfest Bratwurst <i>with</i> Sauerkraut & Peppers Bavarian Potato Salad Roll Apple Strudel
²⁰ Spaghetti <i>with</i> Meat Sauce Winter Mix Vegetables Garlic Bread Fresh Fruit	²¹ Hot Turkey Sandwich <i>with</i> Mashed Potatoes & Gravy Capri Vegetables Tropical Fruit	²² Stuffed Peppers Steamed Rice Steamed Vegetables Fresh Fruit	²³ Crispy Fish Fillet <i>on</i> Hoagie Roll Coleslaw French Fries Pineapple	²⁴ Lemon Pepper Drumsticks Harvest Rice Pilaf Steamed Vegetables Mandarin Oranges Dinner Roll
²⁷ Egg Salad Sandwich Sausage Lentil Soup Applesauce Chips	²⁸ Meatball Stroganoff <i>over</i> Egg Noodles Steamed Carrots Fresh Fruit Dinner Roll Cookie	²⁹ Grilled Chicken Breast Wild Rice Steamed Vegetables Fruit	³⁰ Baked 3 Cheese Pasta <i>with</i> Meat Sauce Steamed Broccoli Fruit Mix Breadstick	³¹  BBQ Rib Sandwich Coleslaw Tater Tots Pumpkin Bar Apple

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