

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Split Pea Soup Baked Ziti (Turkey) WG Pasta Sourdough Bread Corn Zucchini Medley Mango	2 Rosemary Chicken w/ Creamy Garlic Sauce WG Dinner Roll /Couscous Pilaf / Broccoli & Cauliflower /Chopped Salad /Apple or Applesauce/ Green Gelatin	3 BBQ Chicken WG Bread Baked Beans Corn on the Cob <i>or</i> Cut Corn Creamy Coleslaw Fresh Melon	4 Closed 	5 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
8 Cream of Mushroom Soup Chicken Curry Brown Rice Mixed Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	9 Beef Stew w/ Potatoes , Celery, Onion WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt	10 Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta Peas & Onions Marinated Beet Salad / Kiwi	11 Breaded Fish Flour Tortilla Brown Spanish Rice Zucchini Medley Creamy Coleslaw w/Chipotle Dressing Banana	12 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
15 Turkey Chili w/ Barley Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Watermelon	16 Creamy Cilantro Baked Fish Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons / Kiwi	17 Roast Beef w/ Gravy WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Vanilla Wafer	18 Fideo Soup Chicken Salad Bowl WG Roll Garden Salad Garbanzo Bean w/Red Onion, Celery & Tomato Mandarin Oranges	19 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
22 Spaghetti w/ Meatballs Sourdough Bread w/ Garlic Spread WG Spaghetti Broccoli Romaine Caesar Salad Apple or Applesauce	23 Chicken Enchilada Casserole w/ Red Sauce Black Beans Tomato & Cucumber Salad Orange	24 Cream of Broccoli Soup Fish Vera Cruz WG Bread Corn / Carrot Dijon Salad Kiwi Vanilla Chocolate Swirl Pudding	25 Pork Loin w/ Black Peppercorn Sauce WG Bread Stuffing Mashed Potatoes Beet & Onion Salad Watermelon	26 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
29 Tuscan Soup Turkey & Cranberry Salad Whole Grain Bread Garden Salad w/ Vinaigrette Tricolor Slaw Pear	30 Beef Teriyaki Brown Rice Asian Vegetables Chopped Spinach Salad w/Shredded Brussels Sprouts Peach	31 Butternut Squash Soup Roast Pork w/ Mustard Sauce WG Bread / Pasta Collard Greens Waldorf Salad / Orange		MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE

*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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