

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Stew w/ Potatoes, Celery & Onion WG Dinner Roll Carrots Creamy Dill Cucumber Salad Orange Fruited Vanilla Yogurt	2 Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta Peas & Onions /Marinated Beet Salad / Kiwi	3 Breaded Fish Flour Tortilla Brown Spanish Rice Zucchini Medley /Creamy Coleslaw w/Chipotle Dressing Banana	4 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
7 Turkey Chili w/ Barley Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Watermelon	8 Creamy Cilantro Baked Fish Biscuit /Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons Kiwi	9 Roast Beef w/ Gravy WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Vanilla Wafer	10 Fideo Soup Chicken Salad Bowl Whole Grain Roll Garden Salad Garbanzo Bean w/ Red Onion, Celery & Tomato Mandarin Oranges	11 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
14 SASSFA MEAL PROGRAM CLOSED 	15 Chicken Enchilada Casserole w/ Red Sauce Black Beans Tomato & Cucumber Salad Orange	16 Cream of Broccoli Soup Fish Vera Cruz WG Bread / Corn Carrot Dijon Salad Kiwi Vanilla Chocolate Swirl Pudding	17 Pork Loin w/ Black Peppercorn Sauce WG Bread Stuffing Mashed Potatoes Beet & Onion Salad Watermelon	18 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
21 Tuscan Soup Turkey & Cranberry Salad WG Bread Garden Salad w/ Vinaigrette Tricolor Coleslaw Pear	22 Beef Teriyaki Brown Rice Asian Vegetables Chopped Spinach Salad w/Shredded Brussels Sprouts Peach	23 Butternut Squash Soup Roast Pork w/ Mustard Sauce WG Bread Pasta Collard Greens Waldorf Salad Orange	24 Chicken Mole (L & T) Spanish Brown Rice Pinto Beans Corn Relish Salad Kiwi Rainbow Sherbet	25 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
28 Beef Picado Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama	29 Cream of Mushroom Soup Tuna Salad WG Bread Potato Salad Garden Salad w/ Red Onion Cantaloupe	30 Oven Baked Chicken Cornbread Stuffing Peas & Onions Carrot & Raisin Salad Kiwi	31 !Polish Sausage! WG Bread German Potato Salad Beet & Onion Salad / Orange German Chocolate Cake 	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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