




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Picado Flour Tortilla Black Beans Brown Spanish Rice Chopped Romaine Salad Mandarin Oranges w/Jicama	4 Corn Chowder Soup Turkey Meatloaf WG Bread Mashed Potatoes Chopped Spinach & Kale Applesauce	5 Baked Fish w/ Tomato Onion Sauce WG Roll / Rotini Pasta Sesame Broccoli Mixed Green Fields Seasonal Fruit / Crumb cake	6 Beef Lasagna WG Roll Zucchini Medley Broccoli Slaw Tropical Fruit Cake	7 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
10 Split Pea Soup Baked Ziti (Turkey) WG Pasta Sourdough Bread Corn Zucchini Medley Kiwi	11 Rosemary Chicken w/ Creamy Garlic Sauce Couscous Pilaf Broccoli & Cauliflower Chopped Salad Apple or Applesauce Green Gelatin	12 Tomato Soup Meatloaf w/ Gravy WG Bread Mashed Potatoes Mediterranean Salad Fruit Cocktail w/Coconut Garnish	13 ! Corned Beef! Potato Wedges  Steamed Cabbage Orange Whole Rye Bread Carrot & Pineapple Salad Green Manhattan Gelatin	14 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
17 Cream of Mushroom Soup Hawaiian Chicken w/ Pineapple Brown Rice Oriental Vegetables Chopped Asian Salad w/Romaine & Green Onions Cantaloupe	18 Beef Stew w/ Potatoes, Celery & Onion WG Dinner Roll Carrots Creamy Dill Cucumber Salad / Orange	19 Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta Peas & Onions Marinated Beet Salad / Kiwi	20 Chicken Cilantro Soup BBQ Hamburger WG Bun Broccoli Macaroni Salad Plum or Pear	21 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
24 Turkey Chili w/ Barley Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes / Pear	25 Creamy Cilantro Baked Fish /Biscuit Brown Rice Pilaf Broccoli Romaine Caesar Salad w/Croutons / Kiwi	26 Roast Beef w/ Gravy WG Roll Mashed Sweet Potatoes Collard Green Waldorf Salad Cream Cookie	27 Oven Baked Chicken Macaroni & Cheese Sauté Kale Green Salad WG Cornbread Cuties	28 DRIVE-UP GRAB & GO SACK LUNCH (SENIOR CENTER) 11:30 AM – 12:30 PM
31 SENIOR CENTER & SASSFA PROGRAM CLOSED 				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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