

Monday	Tuesday	Wednesday	Thursday	Friday
2 Tossed salad Chili in a tortilla shell with cheese and onions Mandarin oranges	3 Baked chicken Scalloped potatoes Brussels sprouts Fruit crisp	4 Carrot raisin salad Smothered turkey outlet with mushroom gravy Steamed rice Spinach Pears	5 Tossed salad Chicken parmesan on spaghetti Broccoli Seasonal fresh fruit	6 Lemon pepper Pollock Roasted winter squash Mixed greens Peaches Pudding
9 Tossed salad Manicotti with red sauce Peas and carrots Applesauce	10 Meatloaf with gravy Baked potato Mixed vegetables Tropical fruit	11 Vegetable soup Asian slaw Hot seafood sandwich Seasonal fresh fruit	12 Tossed green salad Pasta primavera with chicken and vegetables Peaches	13 Tossed green salad Stuffed peppers Brown rice and quinoa Carrots Seasonal fresh fruit
16 Mac & cheese Harvard beets Green beans Pineapple	17 Tossed green salad Swedish meatballs on egg noodles Green peas Pears	18 Spinach salad Salmon burger on whole wheat bun Sweet potato puffs Seasonal fresh fruit	19 Mixed green salad Lasagna Garlic bread sticks Zucchini Mandarin oranges	20 Roast pork Stuffing with gravy Sweet and sour red cabbage Stewed apples with cranberries Bar cookie
23 Fiesta salad Vegetable quiche Muffin Peaches	24 Salisbury steak Mashed potatoes with gravy Dilled baby carrots Tropical fruit	25 Tossed salad Teriyaki chicken Steamed rice Asian vegetables Mandarin oranges	26 Coleslaw Fish and chips with ketchup and tartar sauce Cornbread Seasonal fresh fruit	27 Hot roast beef sandwich on wheat bread Mashed potatoes with gravy Broccoli Seasonal fresh fruit
30 Tomato bisque soup Egg salad sandwich Pickled beet and onion salad Applesauce	1% milk, roll or bread, and fortified margarine are available with all meals. <i>All fresh produce is subject to availability. Substitutions may be made without notice.</i> Suggested meal donation for eligible persons is \$3.00. For non-eligible persons, cost is \$6.00 per meal.			

