






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu A - Meals On Wheels **Menu B - Senior Centers Only** This will include all side meal components as listed</p>	<p>Suggested meal donation • \$3.00</p> <p> This meal is high in sodium</p> <p>See back of menu for nutrition information. </p>	<p>1</p> <p>A: Balsamic Brown Sugar Beef B: Creamy Garlic Chicken Roasted Sweet Potatoes Green Peas Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin</p>	<p>2</p> <p>A: BBQ Chicken B: BBQ Pork Rib Patty Mashed Red Potatoes Tossed Salad Dinner Roll Hot Spiced Pears</p>	<p>3</p> <p>A: Italian Shells and Cheese B: Cheeseburger Macaroni Italian Green Beans Steamed Cauliflower Bread Stick Fresh Fruit</p>
<p>6</p> <p>A: Marina Turkey Meatballs B: Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit</p>	<p>7</p> <p>A: Sloppy Joe B: Breaded Chicken Patty Spiced Glazed Beets Tossed Salad WG Hamburger Bun Hot Spiced Apples</p>	<p>8</p> <p>Birthday Day!</p> <p>A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream</p> 	<p>9</p> <p>A: Hamburger Patty B: BBQ Pulled Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches</p>	<p>10</p> <p>A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Frosted Lime Gelatin *Diet - Frosted Lime Gelatin</p>
<p>13</p> <p>A: Tomato Swiss Steak B: Baked Chicken with Gravy Delmonico Potatoes Mixed Vegetables Dinner Roll Fresh Fruit</p>	<p>14</p> <p>A: Breaded Chicken Tenders B: Fish Sticks Northern Beans Peas with Red Peppers Multi Grain Bread Orange Craisins</p>	<p>15</p> <p>A: Homestyle Beef Casserole B: Loaded Potato Casserole Whole Kernel Corn Green Beans Wheat Bread Caramel Vanilla Pudding *Diet - Vanilla Pudding</p>	<p>16</p> <p>A: Turkey Pastrami B: Honey Glazed Ham Lima Beans Glazed Carrots Cornbread Muffin Oreo Cookies</p> 	<p>17</p> <p>A: Tuna Salad B: Chicken Salad Lemon Orzo Pasta Salad Beet Salad Wheat Crackers Raisins</p>
<p>20</p> <p>A: Lemon Pepper Chicken B: Herbed Pork Loin Mashed Sweet Potatoes Sautéed Spinach Multi Grain Bread Fig Bar</p>	<p>21</p> <p>A: Beef Lasagna Bake B: Turkey and Rice Casserole Cauliflower Green Peas Whole Wheat Breadstick Fresh Fruit</p>	<p>22</p> <p>A: Sesame Chicken B: Sweet and Sour Pork Jasmine Rice Oriental Mixed Vegetables Texas Bread Pineapple Tidbits</p> 	<p>23</p> <p>A: Roast Beef with Gravy B: Turkey Pot Roast with Gravy Whipped Potatoes Herbed Green Beans Multi Grain Bread Oatmeal Raisin Cookie</p>	<p>24</p> <p>A: Chicken Enchilada Bake B: Bean and Cheese Burrito with Sour Cream Sauce Cilantro Lime Corn Fiesta Vegetables Chocolate Pudding *Diet - Chocolate Pudding</p>
<p>27</p> <p>A: Salisbury Beef with Gravy B: Marsala Turkey Meatballs Twice Whipped Potatoes Peas and Carrots Wheat Bread Fresh Fruit</p>	<p>28</p> <p>A: Chicken Parmesan B: Eggplant Parmesan Rotini Pasta Roasted Brussels Sprouts Bread Stick Fruited Orange Gelatin *Diet - Fruited Gelatin</p>	<p>29</p> <p>A: Egg Salad B: Deli Style Salad Broccoli Raisin Salad Tomato Spoon Relish Wheat Crackers Fudge Cream Cookie</p>	<p>30</p> <p>A: Tuna Noodle Au Gratin B: Turkey Tetrazzini Diced Beets Green Beans Almondine Wheat Bread Tropical Fruit</p>	