



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A: Meatloaf with Tomato Gravy B: Parmesan Fish Baked Potato Half Ranchero Vegetables Multigrain Bread Fudge Cream cookie	3 A: Chicken Alfredo B: Beef Pepper Casserole Cauliflower Green Beans Wheat Bread Rice Krispy Treat	4 A: Western Baked Beef B: Creamy Dill Chicken Whipped Potatoes Broccoli with Red Peppers Wheat Bread Tropical Fruit	5 A: Swedish Meatballs B: Smoked Polish Sausage Delmonico Potatoes Glazed Carrots Multigrain Bread Strawberry Swirl Pudding *Diet - Vanilla Pudding	6 A: Chicken Salad B: Tuna Salad Lemon Orzo Pasta Salad Beet Salad Club Crackers Fresh Fruit
9 A: Marinara Turkey Meatballs B: Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit	10 A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Spiced Peaches	11 Birthday Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Sherbet *Diet-Brownie and Sherbet	12 A: Sloppy Joe B: Breaded Chicken Patty Sliced Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit	13 A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin
16 A: Baked Chicken with Gravy B: Beef Burgundy Macaroni and Cheese Green Peas Multigrain Bread Fresh Fruit	17 A: Creole Beef Steak B: Creamy Cajun Pork Loin Northern Beans Catalina Vegetables Wheat Bread Graham Crackers	18 A: Turkey Rice Casserole B: Sausage and Spanish Rice Chuckwagon Corn Spring Vegetables Wheat Bread Chocolate Pudding *Diet - Chocolate Pudding	19 A: Chicken Parmesan B: Eggplant Parmesan Rotini Pasta Italian Green Beans Breadstick Raisins	20 A: Roast Beef with Gravy B: Pork with Country Gravy Whipped Potatoes Okra and Tomatoes Cornbread Muffin Diced Pears
23 A: Pesto Chicken B: Lemon Pepper Fish Ranch Whipped Potatoes Green Beans Multigrain Bread Fruit Cocktail	24 A: Loaded Potato Casserole B: Buffalo Chicken Pasta Whole Kernel Corn Stewed Tomatoes Wheat Bread Pineapple Tidbits	25 A: Beef Jardine B: Turkey Pot Roast with Gravy Rice Pilaf Mixed Vegetables Texas Bread Cherry Craisins	26 A: Egg Salad B: Turkey Breast & Swiss Cheese Lettuce/Tomato/Onion Three Bean Salad Whole Grain Hamburger Bun Fresh Fruit	27 A: Sesame Mustard Chicken B: Mu Shu Pork Sugar Snap Peas Glazed Carrots Wheat Bread Creamsicle Pudding *Diet - Vanilla Pudding
30 A: Salisbury Beef w/Onion Gravy B: Mushroom Chicken Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit	31 A: Glazed Turkey Ham B: Herbed Pork Loin Lentils Country Tomatoes Dinner Roll Fruited Cherry Gelatin *Diet - Fruited Gelatin		Menu A - Home-Delivered Meals ** Menu B - Senior Centers Only **	
			 This meal is high in sodium See back of menu for nutrition information.	Suggested meal donation • \$3.00