






NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sliced ham Yams Spinach Salad w/eggs w/eggs and mandarins whole wheat roll Carrot Cake	 <b>GREAT NORTHERN</b> - services -
ALL MEALS INCLUDE 1% MILK & BUTTER	5 Vegetable Frittata Country Style Potatoes Banana Bran Muffin	6 Roast Beef French Dip Garlic Potato Wedges Garden Salad Apricots	7 Roasted Chicken Beet Salad Sweet Potato Fries Orange Whole Wheat Roll	8 Rotelli with Meat Sauce Green Beans Garlic Bread Pears	
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	12 Fish Sandwich on a Whole wheat bun Potato wedges Coleslaw Tangerine Tartar Sauce	13 Pork Roast and Gravy Mashed Red Potatoes Broccoli and Cauliflower Whole Wheat Roll Pears	14 Macaroni & Cheese Brussle Sprouts Garlic Bread Garden Salad Fruit Cocktail	15 Broccoli Beef Parsley Carrots Brown Rice Mandarins and Pineapple	
	19 Hamburger with Lettuce, onion and tomato Baked Beans Multi Grain Chips Orange	20 Chicken and Broccoli Alfredo Carrots Whole Wheat Roll Grapes	21 Meatloaf and Gravy Mashed Red Potatoes Butternut Squash Whole Wheat Roll Pears	22 1/2 Ham Sandwich with lettuce and tomato Veggie Soup Mandarins 	
	26 Chicken Fajita with Whole Wheat Tortilla Spanish Rice Mexican Coleslaw Fresh Apple	27 Beef Tips & Gravy On Egg Noodles Green Salad with Red Peppers Cornbread Bananas & Strawberries <b>Vanilla Pudding</b>	28 Chili Spinach Salad with Egg and Mandarins Whole Wheat Roll	29 Sweet and Sour Pork W/ onions, bells, & Pineapple Steamed Cabbage Brown Rice Apricots	<b>Senior Nutrition Closed Fridays</b>



MEAL CONTAIN MORE THAN 1000 MG SODIUM