


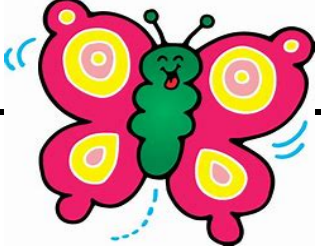





NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Veggie Rigatoni with Zucchini, Peppers, and Tomato Garden Salad with beets and cucumbers Grapes	4 Chicken Soft Tacos with Lettuce, Tomato and Salsa Spanish Brown Rice Orange	5 Pot Roast with Red Potatoes and Carrots Spinach Salad with Egg and Mandarins Whole Wheat Roll	6 Egg Salad Sandwich Minestrone Soup Multi Grain Cracker Pears	 <b>GREAT NORTHERN</b> - services -
ALL MEALS INCLUDE 1% MILK & BUTTER	10 BBQ Chicken Potato Salad Broccoli Sliced Pears Corn Bread 	11 Mexican Mac and Cheese Zucchini & Bell Peppers Whole Grain Roll Peach Slices	12 Cream Turkey w/peas & Carrots on Brown Rice Cauliflower Pineapple and Mandarins Brownie	13 Meatloaf and Gravy Mashed Red Potatoes Sautéed Spinach Whole Wheat Roll Orange	
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	17 Baked Fish Lemon Herb Rice Pea Salad Tarter Sauce Fruit Cocktail	18 Chicken Casserole w/broccoli, rice & onions Garden Salad Whole Wheat Roll Applesauce 	19 Beef Chili Spinach Salad with Egg and Mandarins Corn Bread	20 Tuna Sandwich with lettuce and tomato veggie soup Strawberries Whole Grain Crackers	
	24 Hamburger with lettuce, tomato and onion Maccaroni Salad Multi Grain Chips Tangerine	25 Baked Chicken and Veggies over Rice Whole Wheat Roll Strawberries & Bananas Sugar Cookie	26 Pork Roast with Gravy Wild Rice Sweet Potato Grapes	27 Spaghetti w/ meat sauce Italian Green Beans Marninated Salad Whole Wheat Garlic Bread Cantaloupe	
	31 <b>Closed</b> 				<b>Senior Nutrition Closed Fridays</b>



MEAL CONTAIN MORE THAN 1000 MG SODIUM