


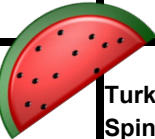





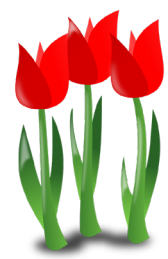


NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Chicken soft tacos w/ lettuce, tomato and slasa Spanish brown rice Orange 	3 Veggie Lasagna Italian green bean marinated 3 bean salad Whole wheat garlic bread Cantaloupe & blueberries 	4 Mac and Cheese Roast'd zucchini & tomatoes Whole wheat roll Peaches	5 Pot Roast wiith Red potatoes and carrots Spinach salad w/ egg and Mandarins Whole wheat roll	6 
ALL MEALS INCLUDE 1% MILK & BUTTER	9 Chicken & Broccoli alfredo WW noodles Garden Salad Whole wheat roll Peaches	10 1/2 ham & cheese sandwich w/ lettuce and tomato Macaroni Salad Tangerine Whole grain bread	11 Teriyaki Chicken w/ pineapple Brown rice Sesame Slaw Banana	12 WW Spaghetti & meat sauce Peas and carrots Whole wheat roll Strawberry applesauce Oatmeal raisin cookie	13 SENIOR DINING CENTER CLOSED ON FRIDAYS
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	16 Fish taco w/ lettuce, tomato & salsa Mexi-slaw Spanish brown rice Orange 	17 Pork roast w/ gravy Mashed red potatoes Spinach Grapes Whole wheat roll	18 Baked chicken Potato salad Broccoli & carrots Pineapple & mandarins Whole wheat roll 	19 Creamed turkey w/ peas and carrots Brown rice Cauliflower Pears	20  GREAT NORTHERN - services -
	23 Turkey Chili Spinach salad with egg and mandarins Bananas & strawberries Cornbread	24 Chicken, cheese & spinach echilada on corn tortilla Rice pilaf w/ peas Black beans Applesauce	25 Veggi Rigatoni w/ Zucchini, peppers and tomato Garden salad w/ beets, r. peppers & garbanzo beans Red grapes Whole wheat roll	26 Cheeseburger w/ lettuce and tomato Whole wheat bun Baked beans Tangerine Jello w/ fruit cocktail	27 
	30   <b>CLOSED</b>	31 BBQ Chicken Sweet potato fries Corn w/ red peppers Whole wheat roll Watermelon		* MEAL CONTAINS MORE THAN 1000 MG SODIUM 