



NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS INCLUDE 1% MILK & BUTTER	6 Broccoli Beef Parsley Carrots Brown Rice Strawberry applesauce	7 Fish n' chips (Potato wedges) Whole wheat roll Coleslaw Tangerine Tartar Sauce	8 Meatloaf w/ gravy Mashed red potatoes Butternut squash Whole wheat roll Pear	9 Chef salad w/ veggies ham and turkey Whole wheat roll Fresh peach	10 SENIOR DINING CENTER CLOSED ON FRIDAYS
PLEASE NOTE: MENUS SUBJECT TO CHANGE WITH RD APPROVAL	13 Roasted Chicken Broccoli and Cauliflower Whole wheat roll Mandarins and Tropical fruit	14 Cheeseburger on whole grain bun Lettuce and tomato Macaroni Salad w. peppers Red grapes	15 Ground beef stroganoff w/ egg noodles Green beans Whole wheat roll Applesauce	16 Pulled pork sandwich on a whole wheat bun Garlic potato wedges Coleslaw Strawberries & bananas Brownie	17
	20 Ground Beef taco Lettuce, tomato, salsa Spanish brown rice Refried beans Orange	21 Macaroni and Cheese Broccoli Wole wheat roll Apricots	22 Pork roast w/ Gravy Sauteed Kale Brown rice Whole wheat roll Banana	23 Chicken salad stuffed tomatoes Tortellini salad w/ red peppers Cantaloupe & blueberries Whole wheat roll	24
	27 Roast Beef French Dip Garlic Potato Wedges Garden Salad Tangerine	28 Turkey Sandwich on whole grain bread Lettuce and tomato Broccoli Salad Bannanas & mixed berries	29 Veggie Lasagna Spinach salad w/ egg and mandarin whole wheat roll Red grapes	30 Teriyaki Chicken Sesame slaw Brown rice Honeydew melon Chocolate pudding	



* MEAL CONTAINS MORE THAN 1000 MG SODIUM