



|  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  |
|--|--|---|---|---|
| <p><b>PLEASE NOTE</b><br/>MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p> |  |   |   |   |
| <p>SENIOR NUTRITION<br/>CLOSED ON FRIDAYS</p>                          | <p>5<br/>Chicken Soft Taco w/ lettuce, tomato &amp; onion<br/>Spaish Brown Rice<br/>Black Beans<br/>Orange</p> | <p>6<br/>Stuffed Bell Peppers with turkey and wild Rice<br/>Green Salad with beets<br/>Whole Grain Roll<br/>cantaloupe &amp; honeydew</p> | <p>7<br/>Cheeseburger on a Whole Wheat bun<br/>lettuce and tomato<br/>Sweet Potato Fries<br/>Red Grapes</p>                                 | <p>8<br/>Veggie fritatta<br/>Oven potatoes w/ peppers and onions<br/>Mixed berries &amp; yogurt<br/>WW English Muffin</p>                               |
| <p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p>                            | <p>12<br/>Creamed Turkey over wild rice<br/>Cauliflower &amp; Broccoli<br/>Pears<br/>Whole Wheat Roll</p>      | <p>13<br/>Roasted Chicken<br/>Pea Salad<br/>Oven Garlic Potatoes<br/>Apricots<br/>Whole Wheat Roll</p>                                    | <p>14<br/>Sweet &amp; Sour Pork w/ pineapple &amp; peppers over brown rice<br/>Chinese Cabbage Salad<br/>Peaches<br/>Whole Wheat Roll</p>   | <p>15<br/>1/2 Turkey Sandwich w/ lettuce and tomato on whole grain Bread<br/>Veggie Soup<br/>mandarins &amp; tropical fruit<br/>Multigrain crackers</p> |
| <p>GREAT NORTHERN -services-</p>                                       | <p>19<br/>Chicken ole w/ corn tortillas<br/>Sumr squash w/ red pep<br/>Mexi slaw<br/>Tangerine<br/>WW roll</p> | <p>20<br/>Beef Chili<br/>Spinach Salad with Egg<br/>Strawberries and Bananas<br/>Cornbread</p>  | <p>21<br/>Veggie &amp; cheese rigatoni<br/>3 bean marinated salad<br/>AppleSauce<br/>WW roll</p>  | <p>22<br/>Baked Ham<br/>Baked sweet potatoes<br/>Roasted Brussel Sprouts<br/>Holiday Green Salad<br/>Peaches<br/>WW roll<br/>Carrot Cake</p>            |
| <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>                       | <p>26<br/><b>CLOSED</b></p>  | <p>27<br/>Meatloaf and Gravy<br/>Roasted Winter Squash<br/>Pineapple and Mandarins<br/>WW roll</p>  | <p>28<br/>1/2 Egg Salad Sandwich w/ lettuce and tomato on whole grain bread<br/>Beef Barley Soup<br/>Tangerine<br/>Multi Grain Crackers</p> | <p>29<br/>Tuna Casserole<br/>Garden Salad with red peppers<br/>Strawberry Applesauce<br/>WW Roll</p>  |