









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				<p>Sweet & Sour Pork w/ red peppers & pineapple over brown rice</p> <p>Peas and carrots</p> <p>Mandarins</p>
<p><i>SENIOR NUTRITION CLOSED ON FRIDAYS</i></p>	<p>Tuna Casserole</p> <p>Mixed greens salad w/ beets and cucumbers</p> <p>Bananas & berries WW roll</p>	<p>Veggie Rigatoni</p> <p>3 Bean Salad</p> <p>Apple WW roll</p>	<p>Chicken Adobo w/ Brown rice</p> <p>Zucchini w/ peppers</p> <p>Tangerine</p>	<p>Broccoli Beef w/ Egg Noodles</p> <p>Ginger Honey Carrots Pineapples & mandarins WW Roll</p> <p>Chocolate Chip Cookie</p>
<p><i>ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</i></p>	<p>Chicken Burrito w/ cheese & rice sour cream & salsa on WW tortilla</p> <p>Mexi slaw</p> <p>Tangerine</p> 	<p>Polenta Veggie casserole</p> <p>3 Bean Salad</p> <p>Apple</p> <p>WW garlic bread</p>	<p>Spaghetti w/ meat sauce WW noodles</p> <p>Peas & carrots</p> <p>Banana WW garlic bread</p>	<p>Pork Pasole Soup</p> <p>Cauliflower & Carrots Oven Potatoes</p> <p>Orange WW Roll</p>
	<p>Bean Chili</p> <p>Cauliflower & Carrots</p> <p>Cornbread</p> <p>Orange</p>	<p>Beef Tacos w/ lettuce, tomato & onion sour cream & salsa</p> <p>Black Beans w/ brown rice</p> <p>Tangerine</p>	<p>Meatloaf</p> <p>Mashed Red Potatoes</p> <p>Peas & carrots</p> <p>Apple WW Roll</p>	<p>Chicken enchilada w/ spinach on corn tortilla</p> <p>Black beans</p> <p>Mexi corn</p> <p>Banana</p> <p>Vanilla Pudding</p> 
 <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>Bean and cheese burrito w/ brown rice</p> <p>Sour cream & salsa WW tortilla</p> <p>Mexi coleslaw</p> <p>Mixed berries</p> 	<p>Chef Salad w/ ham & turkey</p> <p>Mandarins & tropical fruit</p> <p>WW Roll</p>	<p>Baked Chicken</p> <p>Pea Salad</p> <p>Sweet Potato</p> <p>Mandarins WW roll</p>	<p>Beef Lasagna</p> <p>Garden Salad w/ peppers</p> <p>Tangerine WW Roll</p> 