













	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>		<p>1 Tuna Casserole Mixed greens salad w/ beets and cucumbers Bananas & berries WW roll</p>	<p>2 Veggie Rigatoni 3 Bean Salad Apple WW roll</p> 	<p>3 Chicken Adobo w/ Brown rice Zucchini w/ peppers Tangerine Jello w/ tropical fruit</p>
<p>SENIOR NUTRITION CLOSED ON FRIDAYS</p>	<p>7 Polenta Veggie casserole 3 Bean Salad Apple WW garlic bread</p> 	<p>8 Pork Pasole Soup Cauliflower & Carrots Oven Potatoes Orange WW Roll</p>	<p>9 Chicken Burrito w/ cheese & rice sour cream & salsa on WW tortilla Mexi slaw Tangerine</p> 	<p>10 Spaghetti w/ meat sauce WW noodles Peas & carrots Banana WW garlic bread</p>
<p>ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</p> 	<p>14 Beef Tacos w/ lettuce, tomato & onion sour cream & salsa Black Beans w/ brown rice Tangerine</p>	<p>15 Bean Chili Cauliflower & Carrots Cornbread Orange</p>	<p>16 Chicken enchilada w/ spinach on corn tortilla Black beans Mexi corn Banana</p> 	<p>17 Meatloaf Mashed Red Potatoes Peas & carrots Apple WW Roll Chocolate Chip Cookie</p>
	<p>21 Bean and cheese burrito w/ brown rice Sour cream & salsa WW tortilla Mexi coleslaw Mixed berries</p> 	<p>22 Turkey Sausage Sub Peppers onions Sweet Potato Fries Grapes WW Sub Roll</p>	<p>23 Beef Lasagna Garden Salad w/ peppers Tangerine WW Roll</p>	<p>24 Baked Chicken Pea Salad Sweet Potato Mandarins WW roll</p> 
 <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>28 Fish Taco w/ lettuce, tomato & onion Brown Rice Tartar Sauce Mexi-Slaw Tangerine</p> 	<p>29 Beef Chili Summer Squash w/red peppers Grapes Cornbread</p> 	<p>30 Veggie Lasagna w/ marinara Strawberry Applesauce WG Breadstick</p>	