

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL					
Lunch Served M - Th 11:45 - 12:15  GREAT NORTHERN -services-	 Tuna Casserole Garden Salad Bananas & Berries WW Roll	2  Veggie Rigatoni 3 Bean Salad Apple WW Roll	3  Chicken Casserole w/ brown rice Garden Salad Tangerine	4    Broccoli Beef Ginger Honey Carrots Fruit Cocktail WW Roll	
WG - Whole Grain WW - Whole Wheat ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS	9  Bean & Cheese Burrito on WG tortilla sour cream & salsa Mexi slaw Tangerine 	10  Spaghetti w/ meat sauce Spinach Banana WW Roll	11  Polenta Veggie Casserole 3 Bean Salad Apple WW Roll	12  Navy Bean Soup w/ham Spinach Salad w/ mandarins Grapes WW Roll	
Suggested Contribution SITE SENIOR \$4.00 HOMEBOUND SENIOR \$4.00 NON-SENIOR: UNDER 60 \$10.00 There is no obligation to contribute. A contribution is purely voluntary. No eligible participant will be denied service because of failure or inability to contribute.	16  CLOSED	17  Sweet & Sour Pork w/ red peppers & pineapple over rice Peas & Carrots Tangerine	18  Meatloaf Mashed Red Potatoes Mixed Vegetables Apple WW Roll 	19  Chicken Enchilada w/ spinach on corn tortilla Spanish Rice Mexi Corn w/ Black Beans Tropical Fruit Salsa	
  MEAL CONTAINS MORE THAN 1000 MG OF SODIUM	23  Cheeseburger w/lettuce, tomato, onion WW Bun Sweet Potato Fries Pineapple & Mandarins	24  Butternut Squash Soup Garden Salad w/ kidney bns Mixed Berries WW Roll	25  Baked Chicken Pea Salad Apple WW Roll	26  Beef Lasagna Garden Salad w/ peppers Tangerine WW Roll	

*Meat substitutes or vegetable items for frozen meals may be substituted with approved alternates to maintain food safety and dietary compliance.