










	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>PLEASE NOTE</u> MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p>				
<p>Lunch Served M - Th 11:45 - 12:15</p>  <p>GREAT NORTHERN services</p>	<p>2</p>  <p>Tuna Casserole Garden Salad Bananas & Berries WW Roll</p>	<p>3</p> <p>Veggie Rigatoni 3 Bean Salad Apple WW Roll</p>	<p>4</p> <p>Chicken Casserole w/ brown rice Garden Salad Tangerine</p>	<p>5</p> <p>Broccoli Beef Ginger Honey Carrots Fruit Cocktail WW Roll</p>
<p>WG - Whole Grain WW - Whole Wheat ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS</p>	<p>9</p> <p>Bean & Cheese Burrito on WG tortilla sour cream & salsa Mexi slaw Tangerine</p> 	<p>10</p>  <p>Spaghetti w/ meat sauce Spinach Banana WW Roll</p>	<p>11</p> <p>Polenta Veggie Casserole 3 Bean Salad Apple WW Roll</p>	<p>12</p> <p>Navy Bean Soup w/ham Spinach Salad w/ mandarins Grapes WW Roll</p>
<p>Suggested Contribution</p> <p>SITE SENIOR \$4.00 HOMEBOUND SENIOR \$4.00 NON-SENIOR: UNDER 60 \$10.00</p> <p>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.</p>	<p>16</p>  <p>CLOSED</p>	<p>17</p> <p>Sweet & Sour Pork w/ red peppers & pineapple over rice Peas & Carrots Tangerine</p>	<p>18</p> <p>Meatloaf Mashed Red Potatoes Mixed Vegetables Apple WW Roll</p> 	<p>19</p> <p>Chicken Enchilada w/ spinach on corn tortilla Spanish Rice Mexi Corn w/ Black Beans Tropical Fruit Salsa</p>
 <p>MEAL CONTAINS MORE THAN 1000 MG OF SODIUM</p>	<p>23</p> <p>Cheeseburger w/lettuce, tomato, onion WW Bun Sweet Potato Fries Pineapple & Mandarins</p>	<p>24</p> <p>Butternut Squash Soup Garden Salad w/ kidney bns Mixed Berries WW Roll</p> 	<p>25</p> <p>Baked Chicken Pea Salad Apple WW Roll</p>	<p>26</p> <p>Beef Lasagna Garden Salad w/ peppers Tangerine WW Roll</p>

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