



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	3	4	5	6
PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL	Sweet & Sour Pork w/ Red Peppers & Pineapple Over Brown Rice Peas and Carrots Mandarin	Chicken Enchilada w/ Spinach on Corn Tortilla Spanish Rice Mexi Corn w/ Black Beans Tropical Fruit	Tuna Casserole w/ Mixed Veggies Garden Salad Melon WW Roll	Spaghetti w/ Meat Sauce WW Noodles Green Beans WW Roll Orange
Lunch Served M - Th 11:45 AM - 12:15 PM  GREAT NORTHERN - services -	10 Broccoli Beef w/ Egg Noodles Ginger Honey Carrots Pineapples & Mandarins WW Roll Chocolate Chip Cookie	11 Chicken Burrito w/ Cheese & Rice Sour Cream & Salsa WW Tortilla Mexi-Slaw Tangerine	12 Veggie Frittata Roasted Red Potatoes Apple WW Roll	13 Beef Meatloaf Mashed Red Potatoes Broccoli Strawberry Applesauce WW Roll
ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS	17 Chicken Taco Salad w/ Lettuce, Tomato, Onion Salsa & Sour Cream Brown Rice Mandarin & Tropical Fruit Tortilla Chips	18 Chili Summer Squash w/ Red Peppers Grapes Cornbread	19 Baked Chicken Pea Salad Mandarin WW Roll	20 Polenta Veggie Casserole Garden Salad Apple 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. because of failure or inability to contribute.	24 Beef Lasagna Garden Salad Tangerine WW Roll	25 Turkey Sandwich on WW Bread Lettuce & Tomato, Onion Broccoli Salad Orange	26 Bean & Cheese Burrito Sour Cream & Salsa on WW Tortilla Mexi-Slaw Tangerine 	27 Turkey Sausage w/ Peppers & Onions Garden Salad Orange *WW Roll
 MEAL CONTAINS MORE THAN 1000 MG OF SODIUM	31 Baked Tilapia w/ Tater Sauce Rice Pilaf w/ Peas Coleslaw Berries & Bananas			