

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MENUS SUBJECT TO CHANGE WITH RD APPROVAL				1 Sweet & Sour Pork w/ Red Peppers & Pineapple over Brown Rice Peas and Carrots Pineapple & Mandarins
	5 Polenta Veggie Casserole 3 Bean Salad Apple WW Roll	6 Pork Tenderloin Baked Sweet Potato Brussel Sprouts Applesauce WW Roll	7 Tuna Casserole Peas & Carrots Spinach Salad w/ Mandarins Cantaloupe & Honeydew WW Roll	8 Spaghetti w/ Meat Sauce WW Noodles Green Beans Orange WW Roll
ALL MEALS INCLUDE 1% MILK * BUTTER IS OFFERED WITH ROLLS 	12 Chicken Taco Salad w/ Lettuce, Tomato, Onion Salsa & Sour Cream Brown Rice Mandarin & Tropical Fruit Tortilla Chips	13 Beef Meatloaf Mashed Red Potatoes Broccoli Strawberry Applesauce WW Roll	14 Veggie Frittata w/ Spinach, Bell Pepper, Onion & Mushrooms Pineapple & Mandarins Bran Muffin	15 Chicken Enchilada w/ Spinach on Corn Tortilla Spanish Rice Mexi Corn w/ Black Beans Orange
MEAL CONTAINS MORE THAN 1000 MG OF SODIUM 	19 Pork Verde Brown Rice Mexi-Slaw Strawberries	20 Baked Tilapia w/ Tartar Sauce Rice Pilaf w/ Peas Coleslaw Berries & Bananas	21 Hungarian Goulash Brown Rice Carrots Orange	22 Butternut Squash Soup Garden Salad Mixed Berries 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.	26 Baked Chicken Pea Salad Mandarins WW Roll	27 Pork Pozole Soup Carrots Orange WW Roll	28 White Chili Summer Squash w/ Red Peppers Grapes Cornbread	29 Bean & Cheese Burrito Sour Cream & Salsa on WW Tortilla Spanish Rice Mexi-Slaw Tangerine 