



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Meatloaf w/Gravy Potatoes O'Brien Zucchini &amp; Tomatoes Whole Grain Bread Apricots</p>	<p>2 Broccoli Cheese Fish Fillet w/Tartar Sauce Whipped Potatoes Green Peas &amp; Mushrooms Whole Grain Bread Mandarin Oranges</p>	<p>3 Chicken Salad on Bed of Lettuce Potato Salad Marinated Tomatoes &amp; Cucumbers Whole Grain Bread Peach Crisp</p>	<p>4 Macaroni Beef Bake Broccoli Tossed Green Salad Whole Grain Bread Lemon Mousse</p>	<p>5 Roast Pork w/Gravy Applesauce Whipped Potatoes Old Fashioned Mix Vegetables Orange Juice Whole Grain Bread Cantaloupe</p>
<p>8 Liver &amp; Onions Mashed Potatoes Carrots Whole Grain Bread Mandarin Oranges &amp; Pineapple ▼ Low Salt Subst.</p>	<p>9 Chicken Divan w/Rice Beets Apricot Juice Whole Grain Bread Chocolate Mousse</p>	<p>10 Seafood Pasta Salad Mexicali Vegetable Salad Sliced Tomatoes Orange Juice Whole Grain Bread Apricots</p>	<p>11 Pot Roast of Beef w/Gravy Whipped Potatoes Broccoli Orange Juice Whole Grain Bread Banana</p>	<p>12 Spaghetti &amp; Meatballs Spinach Tossed Green Salad Italian Bread Tapioca Pudding</p>
<p>15 Ham Confetti Salad Marinated Carrots 3 Bean Salad Orange Juice Whole Grain Bread Tropical Fruit ▼ Low Salt Subst.</p>	<p>16 Baked Fish Florentine w/Tartar Sauce Whipped Potatoes California Mixed Vegetables Whole Grain Bread Peaches</p>	<p>17 Beef Stew Green Peas Pineapple Colelaw Whole Wheat Bread Chocolate Chip Cookies</p>	<p>18 Chicken Dijon Rice Pilaf Italian Mixed Vegetables Whole Grain Bread Birthday Cake</p>	<p>19 Eggplant Parmesan w/Ziti in Sauce Spinach Tossed Salad Italian Bread Watermelon</p>
<p>22 Swiss Broccoli Frittata Peas Cranberry Juice Whole Grain Bread Fruit Cocktail</p>	<p>23 Pork Chops w/Stuffing &amp; Gravy Whipped potatoes Winter Squash Orange Juice Whole Grain Bread Applesauce &amp; Cookies</p>	<p>24 Veal Parmesan Linguini California Mixed Vegetables Apricot Nectar Whole Grain Bread Sliced Peaches</p>	<p>25 Macaroni-Tuna Salad Beet Salad Sliced Tomatoes Whole Grain Bread Strawberry Shortcake</p>	<p>26 Roast Turkey w/Gravy Cranberry Sauce Carrots Whole Grain Bread Rice Pudding</p>
<p>29 Kielbasa w/Sauerkraut Potatoes O'Brien Carrots Hot Dog Bun Fruit Cocktail ▼ Low Salt Subst.</p>	<p>30 Chicken Cacciatore Linguine California blend Vegetables Whole Grain Bread Pineapple Delight</p>			<p><b>Suggested Donation is \$2.00 per meal. Our cost is \$4.05 per meal.</b></p> <p><b>Menu Subject to Change</b> ▼ When there is a low sodium substitute, participants at the centers will be able to receive an alternate meal as long as they sign up for it in advance.</p>