

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservations are required for Senior Dining Cancellations must be made at least 24 hours in advance.	Thank you for your voluntary \$2.00 donation per meal. 1% milk and margarine served with meals.	Menu subject to change without notice.	1 Chicken Patty Hot German Slaw Genoa Blend Veggies Honey Wheat Roll Pears	2 Pier 17 Fish Escalloped Tomatoes Mashed Potatoes Whole Wheat Bread Pudding
			Calories: 1026 Fat: 39% Sodium: 1077 mg	Calories: 638 Fat: 23% Sodium: 917 mg
5 Holiday Sites Closed	6 Low Sodium Hot Dog Veggie Baked Beans Roman Style Blend Hot Dog Roll Pineapple	7 Greek Meatballs Buttered Noodles Jardiniere Blend Multi-grain Roll Strawberry Roll	8 Roast Pork w/ Applesauce Gravy Red Bliss Potatoes Diced Carrots Fruit Muffin Applesauce	9 Meatloaf w/ Mushroom Gravy Green Beans Mashed Potatoes Whole Wheat Bread Fresh Fruit
	Calories: 736 Fat: 39% Sodium: 1414 mg	Calories: 818 Fat: 31% Sodium: 1017mg	Calories: 634 Fat: 35% Sodium: 413 mg	Calories: 750 Fat: 33% Sodium: 595mg
12 Chicken a la King Peas Fluffy Rice Dinner Roll Mandarin Oranges	13 Beef Rigatoni Italian Blend Veg Whole Wheat Roll Pears	14 Turkey Stew w/ Vegetables Garlic Whipped Pot Dinner Roll Pudding	15 Shephard's Pie Mixed Vegetables Whole Wheat Bread Cookie	16 Kale Soup © BBQ Chicken Broccoli (MOW) Sweet Potatoes Multi-grain Roll Fresh Orange
Calories: 756 Fat: 27% Sodium: 593 mg	Calories: 514 Fat: 29% Sodium: 750mg	Calories: 744 Fat: 27% Sodium: 702 mg	Calories: 995 Fat: 36% Sodium: 951 mg	Calories: 724 Fat: 36% Sodium: 788 mg
19 Lemon Dill Fish Confetti Rice Summer Blend Veg Fruit Muffin Peaches	20 Pork Patty Sandwich Hot German Slaw Scalloped Potatoes Hamburger Roll Pudding	21 Orange Tarragon Chicken Florentine Rice Mixed Veg (MOW) Whole Wheat Roll Fresh Fruit	22 Macaroni and Cheese Escalloped Tomatoes Dinner Roll Mixed Fruit	23 Roast Turkey w/ Gravy Squash Mashed Potatoes Whole Wheat Bread Cupcake
Calories: 736 Fat: 35% Sodium: 731 mg	Calories: 746 Fat: 35% Sodium: 970 mg	Calories: 710 Fat: 29% Sodium: 680 mg	Calories: 761 Fat: 40% Sodium: 982 mg	Calories: 597 Fat: 34% Sodium: 947 mg
26 Beef & Broccoli Casserole Dirty Rice Multi-grain Roll Pears	27 Chicken Cacciatore Buttered Noodles Genoa Style Blend Wheat Bread Mandarin Oranges	28 American Chop Suey Tuscany Blend Veg Fruit Muffin Birthday Cake	29 Honey Mustard Chicken O'Brien Potatoes Country Style Veg Whole Wheat Bread Pudding	30 Beef Stew w/ Vegetables Mashed Potatoes Whole Wheat Roll Fresh Apple
Calories: 774 Fat: 46% Sodium: 993 mg	Calories: 642 Fat: 27% Sodium: 586 mg	Calories: 627 Fat: 32% Sodium: 804 mg	Calories: 970 Fat: 30% Sodium: 730 mg	Calories: 752 Fat: 36% Sodium: 572 mg

