

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 Calories: 1026 Fat: 39% Sodium: 1077 mg	2 Pier 17 Fish Escalloped Tomatoes Mashed Potatoes Whole Wheat Bread Pudding 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 Calories: 736 Fat: 39% Sodium: 1414 mg	7 Greek Meatballs Buttered Noodles Jardiniere Blend Multi-grain Roll Strawberry Roll Calories: 818 Fat: 31% Sodium: 1017mg	8 Roast Pork w/ Applesauce Gravy Red Bliss Potatoes Diced Carrots Fruit Muffin Applesauce Calories: 634 Fat: 35% Sodium: 413 mg	9 Meatloaf w/ Mushroom Gravy Green Beans Mashed Potatoes Whole Wheat Bread Fresh Fruit Calories: 750 Fat: 33% Sodium: 595mg
12 Chicken a la King Peas Fluffy Rice Dinner Roll Mandarin Oranges Calories: 756 Fat: 27% Sodium: 593 mg	13 Beef Rigatoni Italian Blend Veg Whole Wheat Roll Pears Calories: 514 Fat: 29% Sodium: 750mg	14 Turkey Stew w/ Vegetables Garlic Whipped Pot Dinner Roll Pudding Calories: 744 Fat: 27% Sodium: 702 mg	15 Shephard's Pie Mixed Vegetables Whole Wheat Bread Cookie Calories: 995 Fat: 36% Sodium: 951 mg	16 Kale Soup © BBQ Chicken Broccoli (MOW) Sweet Potatoes Multi-grain Roll Fresh Orange Calories: 724 Fat: 36% Sodium: 788 mg
19 Lemon Dill Fish Confetti Rice Summer Blend Veg Fruit Muffin Peaches Calories: 736 Fat: 35% Sodium: 731 mg	20 Pork Patty Sandwich Hot German Slaw Scalloped Potatoes Hamburger Roll Pudding Calories: 746 Fat: 35% Sodium: 970 mg	21 Orange Tarragon Chicken Florentine Rice Mixed Veg (MOW) Whole Wheat Roll Fresh Fruit Calories: 710 Fat: 29% Sodium: 680 mg	22 Macaroni and Cheese Escalloped Tomatoes Dinner Roll Mixed Fruit Calories: 761 Fat: 40% Sodium: 982 mg	23 Roast Turkey w/ Gravy Squash Mashed Potatoes Whole Wheat Bread Cupcake Calories: 597 Fat: 34% Sodium: 947 mg
26 Beef & Broccoli Casserole Dirty Rice Multi-grain Roll Pears Calories: 774 Fat: 46% Sodium: 993 mg	27 Chicken Cacciatore Buttered Noodles Genoa Style Blend Wheat Bread Mandarin Oranges Calories: 642 Fat: 27% Sodium: 586 mg	28 American Chop Suey Tuscany Blend Veg Fruit Muffin Birthday Cake Calories: 627 Fat: 32% Sodium: 804 mg	29 Honey Mustard Chicken O'Brien Potatoes Country Style Veg Whole Wheat Bread Pudding Calories: 970 Fat: 30% Sodium: 730 mg	30 Beef Stew w/ Vegetables Mashed Potatoes Whole Wheat Roll Fresh Apple Calories: 752 Fat: 36% Sodium: 572 mg

