

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Warm Ham and Swiss on Ciabatta Roll Vegetable Soup Cookie Fruit	2 Tender Beef Strips w/ mushroom gravy over egg noodles Vegetables Dinner Roll Fruit
5 Golden Baked Chicken w/ Rice and gravy Vegetables Fruit Dinner Roll	6 Grilled Cheese Sandwich Tomato Bisque Soup Sun Chips Fruit	7 Crispy Fish Fillet on Hoagie Roll w/ Lettuce and Tarter Coleslaw French Fries Fruit	8 Southwest Chicken Bake over Steamed Rice Diced Cucumber Salad Fruit Dinner Roll	9 Lemon Pepper Drumsticks Harvest Rice Pilaf Vegetables Fruit Dinner Roll
12 Bowl of Chili topped w/ green onion and shredded cheddar Tortilla Chips Fruit	13 Turkey Pot Pie w/ biscuit top Garden Salad Fruit Cookie	14 Egg Salad Sandwich Lentil Soup Dilled Cucumber Salad Fruit	15 Bratwurst w/sauerkraut and peppers/ roll Bavarian Potato Salad Apple Strudel	16 Teriyaki Chicken Bowl w/ Rice, Chicken, and stir fry veggies. Egg Roll Fruit
19 Hot Beef and Cheddar Sub Vegetable Soup Potato Wedges Fruit	20 Oven Fried Chicken Pickled Beet Salad Rice Pilaf Fruit Dinner Roll	21 Grilled Turkey and Cheese Baked Potato Soup French Fries Banana Pudding Parfait	22 Chicken Fajitas w/sour cream and salsa Black Bean Salad Spanish Rice Fruit	23 Meatloaf w/ mashed potatoes and gravy Vegetables Fruit Dinner Roll
26 Chicken Salad on Croissant with lettuce and tomato Fresh Veggies and Dip Chips Fruit	27 Swedish Meatballs over egg noodles Vegetables Fruit Dinner Roll	28 Baked Fish Wild Rice Vegetables Dinner Roll Fruit	29 Club Sandwich Minestrone Soup Cookie Fruit	30 BBQ "McRib" Sandwich Coleslaw Tater Tots Pumpkin Dessert Fruit

1% milk, 2oz of whole grain, and fortified margarine are available with all meals. *All fresh produce is subject to availability. Substitutions may be made without notice.*

The suggested donation for individuals age 60 and older is \$5.00 per meal. The cost for individuals under age 60 is \$9.00 per meal.