

Suggested Donation \$1.25 per meal

Donations are voluntary and confidential.

No one will be denied a meal if a donation is not given.

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults.

The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	
					
4 Cheeseburger with Lettuce and Tomato on Whole Wheat Bun Baked Beans Vegetable Pasta Salad Fresh Seasonal Fruit <i>Ketchup/Mayo</i>	5 	6 Potato Soup Chicken Salad Platter with Romaine Macaroni Salad Carrot Raisin Slaw Multigrain Bread Fresh Seasonal Fruit	7 Marinated Beet and Onion Salad Roasted Pork Loin with Gravy Diced Sweet Potato Baby Peas Whole Grain Roll Sliced Apples	1 Pasta Fagioli Soup Turkey and Cheddar with Romaine Lettuce Broccoli Slaw 3-Bean Salad Pumpernickel Bread (2) Sliced Peaches <i>Mayonnaise</i>	
11  Thank you to all who served	12 Israeli Salad Homestyle Meatloaf with Gravy Mashed Potatoes French Green Beans Whole Grain Bread Sliced Peaches	13 Lentil Soup Stuffed Peppers Roasted Diced Potatoes Mediterranean Blend Vegetables Whole Wheat Roll Fresh Seasonal Fruit	14 Garden Salad Swedish Meatballs with Gravy Herbed Noodles Broccoli Florets Pumpernickel Bread Fresh Seasonal Fruit <i>Thousand Island Dressing</i>	15 Tomato Soup Broccoli Stuffed Chicken Wild Rice Pilaf Diced Carrots Multigrain Bread Pineapple Tidbits	
18 Cesar Salad Italian Meatballs with Marinara Sauce Penne Marinara Italian Blend Vegetables Whole Grain Dinner Roll Sliced Pears/ <i>Cesar Dressing/Parm Cheese</i>	19 Broccoli Soup Cheese Omelet Peppers and Onions Diced Roasted Potatoes Whole Grain Blueberry Loaf Sliced Apples	20 Marinated Chickpea and Tomato Salad Korean BBQ Leg Brown Rice Garlic String Beans Multigrain Bread Mandarin Oranges	21 Split Pea Soup LS Ham and Swiss with Romaine on Whole Grain Roll Red Skin Potato Salad Broccoli Slaw Fresh Seasonal Fruit <i>Mayo/Mustard</i>	22 Garden Salad Stuffed Cabbage Mashed Potatoes Sautéed Kale with Cannellini Beans Rye Bread Sliced Peaches <i>Balsamic Dressing</i>	
25 Israeli Salad Chicken Marsala Herbed Bowtie Pasta Broccoli Florets Whole Grain Bread Fresh Seasonal Fruit	26 Chicken Vegetable Soup Tuna Salad Platter with Romaine Vegetable Pasta Salad Carrot Slaw Pumpernickel Bread Fresh Orange	27 Garden Salad Turkey with Gravy Mashed Potatoes Green Beans Almondine Cornbread Loaf Pumpkin Pie <i>French Dressing/Cranberry Sauce</i>	28  29		

Each meal is served with skim milk and your choice of coffee or hot tea.