




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
			1 Garden Salad Chicken Piccata Mashed Red Skinned Potatoes Grilled Zucchini Whole Wheat Italian Bread Fruit Cocktail <i>Creamy Italian Dressing</i>	2 Pasta Fagioli Soup Low Sodium Ham Steak Baked Sweet Potato Mexican Corn Whole Grain Rye Clementine <i>Mustard</i>
5 Israeli Salad Homestyle Meatloaf with Gravy Roasted Red Skinned Potatoes Baby Peas Whole Wheat Italian Bread Fruit Cocktail	6 Minestrone Soup Turkey and Swiss Cheese with Romaine on Multigrain Bread (2) Vegetable Barley Salad Three Bean Salad Fresh Seasonal Fruit	7 Garden Salad Korean BBQ Chicken Leg Brown Rice Creamed Spinach Whole Wheat Bread Sliced Pears <i>Italian Vinaigrette</i>	8 Lentil Vegetable Soup Pulled Pork Baked Potato Broccoli Whole Grain Rye Sliced Peaches	9 Garden Salad/ <i>Dressing</i> Pepper Steak Mashed Potatoes Carrot Coins Whole Grain Dinner Roll Mandarin Orange
12 Broccoli Soup Egg Salad with Romaine on Pumpnickel (2) Marinated Tomato and Chickpea Salad Whole Grain Dinner Roll Pineapple Tidbits	13 Israeli Salad Chicken Marsala Mashed Potatoes Green Beans Whole Grain Dinner Roll Sliced Peaches	14 Escarole and Bean Soup Eggplant Rollatini Whole Grain Penne with Marinara Sauce Broccoli Florets Whole Grain Garlic Knots Fresh Seasonal Fruit	15 Carrot Slaw Cheesburger on Whole Wheat Bun with Lettuce and Tomato Roasted Diced Potatoes Sautéed Mushrooms and Onions Fresh Seasonal Fruit	16 Tomato and Cucumber Salad with Vinaigrette Beer Battered Fish Wild Rice Pilaf Roasted Brussel Sprouts Whole Wheat Bread Sliced Pears
19 PRESIDENTS DAY CLOSED 	20 Beef Barley Soup Roast Turkey Sandwich on Whole Grain Rye with Cheddar, Lettuce and Tomato Red Skinned Potato Salad Broccoli Slaw Sliced Apples <i>Mayonnaise</i>	21 Tomato and Cucumber Salad with Vinaigrette Pork Loin with Gravy Yellow Rice Braised Red Cabbage Whole Grain Rye Bread Diced Pineapple	22 Garden Salad Sesame Chicken Whole Grain Lo Mein Noodles Sautéed Sugar Snap Peas Whole Grain Dinner Roll Mandarin Oranges <i>Asian Sesame Dressing</i>	23 Chicken Noodle Soup Spinach Quiche 3 Bean Salad Carrot Slaw Whole Wheat Roll Fruit Cocktail
26 Marinated Chickpea Salad Stuffed Cabbage Mashed Potatoes Broccoli Florets Whole Grain Bread Sliced Apples <i>Ranch Dressing</i>	27 Italian Wedding Soup Tuna Salad on a Whole Wheat Bun with Lettuce and Tomato Vegetable Barley Salad Three Bean Salad Sliced Peaches	28 Israeli Salad Chicken Florentine Whole Grain Orzo Roasted Cauliflower Whole Grain Rye Bread Fresh Seasonal Fruit	29 Chicken and Rice Soup Cranberry Glazed Turkey Meatballs Baked Sweet Potato Baby Peas Whole Grain Pumpnickel Sliced Pears	

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