

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
				2 Broccoli Cheddar Soup Chicken Cordon Bleu Wild Rice Pilaf Diced Carrots Whole Grain Roll Fresh Seasonal Fruit
6 Health Salad Roast Turkey with Gravy Mashed Potatoes Broccoli Florets Cranberry Muffin Fruit Cup <i>(Cranberry Sauce)</i>	7 Vegetable Soup Salisbury Steak with Gravy Baked Potato Green Beans Almondine Whole Grain Roll Fresh Seasonal Fruit	8 Garden Salad/Italian Dressing Chicken Marsala Herbed Noodles California Blend Vegetables Italian Bread Fresh Seasonal Fruit	9 Chicken Vegetable Soup Tuna Salad on Spinach Vegetable Quinoa Salad Broccoli Slaw Rye Bread Fresh Seasonal Fruit	10 Corn Chowder Soup Turkey Chili Brown Rice Chopped Spinach Corn Muffin Applesauce
13 Potato Soup Cheese Omelet Turkey Sausage Diced Potatoes with Onions and Peppers Raisin Bread Fruited Yogurt	14 Minestrone Soup Roast Pork (Pernil) Spanish Rice Brussel Sprouts Whole Wheat Bread Fruit Cup	15 Health Salad Pot Roast with Gravy Baked Potato Green Beans Multigrain Bread Fesh Seasonal Fruit	16 Cream of Sweet Potato Soup Fish Filet with Lemon Sauce Macaroni and Cheese Diced Carrots Whole Grain Bread Fresh Seasonal Fruit	17 Pasta Fagioli Soup Chicken Parmesan Rotini with Marinara Sauce Broccoli Florets Garlic Knot Sliced Peaches
20 CLOSED 	21 Garden Salad Stewed Beef Tips Barley Pilaf with Mushrooms California Blend Vegetables Whole Grain Dinner Roll Fruit Cocktail <i>Ranch Dressing</i>	22 Escarole and Bean Soup Baked Ziti and Meatballs with Marinara Sauce Sauteed Spinach with Garlic Italian Bread Sliced Pears	23 Israeli Salad LS Ham Steak Diced Sweet Potatoes Braised Red Cabbage Pumpernickel Bread Diced Pineapple	24 Chicken Noodle Soup Meatloaf with Mushroom Gravy Mashed Potatoes Sweet Baby Peas Whole Grain Roll Fresh Seasonal Fruit
27 Israeli Salad Cheeseburger with Lettuce and Tomato Baked Beans Succotash Whole Wheat Bun Fresh Seasonal Fruit <i>Ketchup/Mayonnaise</i>	28 Cream of Turkey Soup Chicken Salad on Romaine Vegetable Pasta Salad Broccoli Slaw Whole Grain Roll Fresh Seasonal Fruit	29 Garden Salad Sesame Chicken Lo Mein Noodles Broccoli Stir Fry with Ginger Sauce Whole Grain Bread Mandarin Oranges <i>Asian Sesame Dressing</i>	30 Tuscan White Bean Soup Vegetable Lasagna with Marinara Sauce Sauteed Spinach with Garlic Garlic Breadsticks Fresh Seasonal Fruit	31 Carrot Soup Chicken Kiev Mashed Potatoes Sauteed Spinach with Garlic Dinner Roll Fresh Seasonal Fruit

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