



Monday	Tuesday	Wednesday	Thursday	Friday
2. Slowed Roasted Beef w/ Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Chilled Pears Cookie	3. Baked Chicken Stuffing Broccoli Fruit Cocktail Bread	4. Spaghetti & Meatball Marinara Broccoli Garlic Bread Chilled Peaches	5. <u>FRESH BAR</u> Egg Salad Wheat French Roll Tomato Florentine, Tossed Salad, Boiled Eggs, Cottage Cheese, Mandarin Oranges, Pea Salad, Variety Toppings, and Milk	6. Baked Tilapia Wild Rice Pilaf Mixed Vegetables Fruit Cocktail Bread and Butter
9. Baked Meatloaf w/ Country Gravy Cauliflower Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Pineapple Tid Bits	10. Chili Mac Ground Beef and Noodles Green Beans Coleslaw Corn Muffin and Butter	11. BBQ Chicken Thigh Oven Fries Green Beans and Onions Wheat Bread Fruit Jell-O	12. <u>FRESH BAR</u> Broccoli Quiche Wheat Dinner Roll Vegetable Gumbo Tossed Salad, Boiled Egg Cottage Cheese, Fruit Yogurt, Orange Smiles, Variety Toppings, and Milk	13. Cheese Ravioli W/ meat balls Green Beans Garden Salad Italian Bread and Butter
16. Pork Roast w/ Cinnamon Apples Au Gratin Potatoes Corn Wheat Bread Pumpkin Bar	17. Italian Chicken Parsley potatoes Baby carrots Coleslaw Bread and butter	18. Salisbury Steak w/ Gravy Mashed Potatoes Harvard Beets Multi-Grain Dinner Roll Pineapple Tid Bits	19. Party Irish Beef Stew w/ Vegetables Whipped Potatoes and Gravy 3 Bean Salad Rye Bread Dessert	20. Classic Lasagna w/ marinara sauce Broccoli Vegetables Wheat Bread Oatmeal Raisin cookie
23. Roast Turkey & Gravy Baked Sweet Potatoes Green Bean Casserole Bread Stuffing Chefs Fruit	24. Grilled Chicken Butter Noodles Mixed Vegetables Beet Salad Bread and Butter	25. Spaghetti & Meatball Marinara Mixed Salad Greens Wheat Vienna Warm Peach Cobbler	26. <u>FRESH BAR</u> Tuna Salad Sandwich Wheat French Roll Cream of Broccoli Soup, Tossed Salad, Boiled Eggs, Cottage Cheese, Mandarin Oranges, Carrot Raisin Salad,	27. Citrus Alaskan Pollack Vegetable Rice Pilaf Country Blend Vegetables Multi Grain Dinner Roll Chick Pea Salad Fresh Melon
30. Meatball Marinara Sub Sandwich Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange	31. Chinese Pepper Steak White Rice Garden Salad Mandarin Oranges Bread and Butter			For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sit- ting out. Please be safe. Each