




Monday	Tuesday	Wednesday	Thursday	Friday
2. Meatballs w/vodka sauce Pasta Green beans Fruit juice Sourdough roll applesauce	3. Baked Chicken Stuffing Broccoli Fruit cocktail bread	4. Baked Ham Peas & carrots Sweet potato puffs Rye bread Granola bar Pears	5. Baked Tilapia w/butter sauce Wild rice pilaf Mixed vegetables Fruit cocktail bread	6. Chicken Divan or Tilapia w/butter sauce Diced red potatoes Peas Juice Wheat roll, fruit salad
9. German style roast pork Potato pancakes Dill carrots Multigrain roll applesauce	10. Chili Mac Noodles Coleslaw Corn muffin	11. Maxwell street polish Potato salad Baked beans Pineapple Wheat bun	12. Cheese ravioli Green beans Meatballs Garden salad Italian bread	13.. Mexican Chicken or White fish in citrus sauce Mexican beans Fiesta rice Corn salad Flour tortilla, peaches
16. Italian sausage Pasta Peas Whole grain bun Broccoli salad Apples	17. Italian Chicken Parsley potatoes Baby carrots Coleslaw bread	18. Stuffed cabbage Scalloped potatoes corn Wheat roll banana Cookie	19. Prim Rib Au gratin potatoes Green beans Multigrain roll peaches	20. Bone in lemon chicken Or Creole white fish Rice Mixed vegetables Pea salad, muffin Fruit cocktail
23. Southern chicken w/gravy Mashed potatoes Corn roll Fruit salad Oatmeal bar	24. Grilled Chicken breast Butter noodles Mixed vegetables Beet salad bread	25. Chicken & sausage Jumbalaya Rice Red beans Veggie salad, corn bread pineapple	26. Meatloaf Whipped potatoes Corn Three bean salad bread	27. Oriental Chicken or Lemon pepper white fish Peas Asian rice Asian coleslaw Wheat roll, pineapple
30. Turkey pot roast Mashed potato Stew vegetables Sourdough roll Pears Granola bar	31. Chinese pepper steak White rice Garden salad Mandrain oranges bread			For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, <b>REFRIGERATE IT RIGHT AWAY!</b> Do not leave it sit- ting out. Please be safe. Each meal served with fat free or low fat milk.