



Monday	Tuesday	Wednesday	Thursday	Friday
5 Breaded Haddock on a Bun with Tartar Sauce Brussels Sprouts Pear Cup Chocolate Marble Ice Cream Cup	6 Chicken Breast over Salad with Ranch Dressing Dinner Roll Fresh Orange Cherry Pie	7 Sweet and Sour Pork over Rice Stir Fry Vegetables Fresh Apple	8 Split Pea Soup Ham and Cheese on a Bun with Mayo Pineapple Cup	9 Meatball Sub with Sauce and Cheese on a Roll Cole Slaw Green Beans Mixed Fruit Cup
12 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	13 Tortilla Crusted Tilapia Rice Salsa Cup Corn Peach Cup	14 BBQ Chicken Sliders (2 each) Spinach Fresh Banana	15 Pork Fajita Bowl with rice & beans, peppers & onions, lettuce & cheese Salsa Cup Tortilla Chips Mixed Fruit Cup	16 Tomato Florentine Soup Spinach Quiche Italian Blend Vegetables Peach Cup
19  Martin Luther King Jr. <i>Day</i> No Meals Served	20 Chicken Patty on a Bun with Lettuce and Mayo Peas & Carrots Mandarin Oranges	21 Tuna Salad over Lettuce with Italian Dressing Multigrain Bread Fresh Pear Pudding Cup	22 Philly Cheesesteak with mushrooms, peppers, onions, and mozzarella Carrots Fig Newtons	23 Stuffed Shells with Sauce Breadstick Broccoli Fresh Orange
26 BBQ Beef over Baked Potato with Sour Cream Carrots Pear Cup	27 Chicken and Gravy Mashed Potatoes Dinner Roll with Butter Green Beans Fresh Apple Mini Eclairs	28 Vegetable Soup Chicken Breast on a Bun Peach Cup Strawberry Ice Cream Cup	29 Turkey Chili with cheddar and sour cream Corn Muffin Broccoli Pear Cup	30 Chicken Salad over Lettuce with Italian Dressing Dinner Roll with Butter Fresh Banana Brownie

Menu subject to change. Contact your local Senior Center Meal Site for updates and specialty meal changes.