

Monday	Tuesday	Wednesday	Thursday	Friday
6 Ham and Cheese Quiche Hashbrown Patty Italian Blend Vegetables Fresh Apple	7 Chicken Breast over Pasta Alfredo Breadstick Broccoli Fresh Orange	8 Chicken Soup Tossed Salad with Cucumber, Tomato, and Italian Dressing Cherry Pie	9 Ground Beef Taco Salad with cheddar, corn, salsa, and sour cream Tortilla Chips Fresh Apple	10 Tortilla Crusted Tilapia Rice Salsa Cup Corn Peach Cup
13 Chicken Patty with Lettuce and Mayo on a Bun Peas & Carrots Mandarin Cup	14 Macaroni and Cheese Stewed Tomatoes Broccoli Fresh Apple	15 Salisbury Steak Mashed Potatoes Brussels Sprouts Dinner Roll with Butter Fresh Banana	16 Tomato Florentine Soup Spinach Quiche Italian Blend Vegetables Chocolate Marble Ice Cream Cup	17 Tuna Salad over Lettuce with Italian Dressing Multigrain Bread Fresh Pear Chocolate Pudding
20 Meatloaf with Gravy Mashed Potatoes Prince William Vegetables Pear Cup Cream Puffs	21 BBQ Pulled Pork on a Bun Cole Slaw Spinach Fresh Apple Jello Cup	22 Greek Chicken Salad With cucumber, tomato, red onion, feta, tzatziki, and Italian dressing Pita Bread Mixed Fruit Cup Fig Newton Bar	23 Stuffed Shells with Sauce Breadstick Broccoli Fresh Orange	24 Turkey Chili with cheddar and sour cream Corn Muffin Broccoli Pear Cup
27 Lemon Butter Tilapia over Rice Spinach Pineapple Cup Strawberry Ice Cream Cup	28 Split Pea Soup Ham and Cheese on a Bun with Mayo Pineapple Cup	29 Pork Fajita Bowl with rice, black beans, peppers, onions, and cheddar Salsa Cup Tortilla Chips Mixed Fruit Cup	30 BBQ Chicken Breast Roasted Sweet Potatoes Corn Cobette Dinner Roll with Butter Mandarin Oranges	1 Cobb Salad with tomato, cucumber, chicken, egg, avocado, cheddar, and ranch dressing Dinner Roll With Butter Fresh Kiwi

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