



Monday	Tuesday	Wednesday	Thursday	Friday
6 Shaved Chicken and Gravy over Biscuit Mixed Vegetables Fresh Orange Mini Eclairs	7 Pork Fajita Bowl with rice, black beans, peppers, onions, and cheddar Salsa Cup Tortilla Chips Mixed Fruit Cup	8 Egg Salad with Lettuce and Tomato on Multigrain Bread Corn Cobette Peach Cup	9 Greek Chicken Salad With cucumber, tomato, red onion, feta, tzatziki, and Italian dressing Pita Bread Mixed Fruit Cup Fig Newton Bar	10 Chicken Patty On a Bun with Honey Mustard and Swiss Cheese Roasted Potatoes Carrots Peach Cup
13 Sloppy Joe on a Bun Peas & Carrots Mixed Fruit Cup Ice Cream Cup	14 Tuna Salad Wrap with Lettuce and Tomato Zucchini Mixed Fruit Cup Chocolate Pudding	15 Cheesesteak with peppers, onions, and mozzarella Mashed Squash Cauliflower Pear Cup	16 Swiss Burger on a Bun with Caramelized Onions 5 Bean Salad Cantaloupe	17 BBQ Pulled Pork on a Bun Cole Slaw Spinach Fresh Apple Jello Cup
20 Meatloaf with Gravy Mashed Potatoes Prince William Vegetables Pear Cup Cream Puffs	21 Burger Plate with Macaroni Salad, Roasted Potatoes, and Meat Sauce Pear Cup	22 Chicken Parm over Pasta San Francisco Vegetable Blend Mixed Fruit Cup	23 Tortilla Crusted Tilapia Rice Salsa Cup Corn Peach Cup	24 Chicken Breast over Salad with Ranch Dressing Dinner Roll Fresh Orange Brownie
27 Reuben Style Chicken Breast on a Bun Mashed Squash Prince William Vegetables Mixed Fruit Cup	28 BBQ Beef over Baked Potato with Sour Cream Carrots Fresh Apple Jello Cup	29 Sweet & Sour Meatballs over Rice Cauliflower Snap Peas Cantaloupe	30 Chicken Salad on Multigrain Bread Salad with Italian Dressing Mandarin Oranges	31 Broccoli and Cheese Quiche Hashbrown Patty Italian Blend Vegetables Pear Cup

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