

All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish Fillet w/ Wheat Bun California Blend Veggies Spinach Salad w/ Beets Applesauce	2 Chili Dog w/ Bun Baked Beans Potato Wedges Yogurt Fruit Cocktail	3 Fried Chicken Breast Scalloped Potatoes Cooked Carrots Wheat Roll Fruit, Cookie	4 Hobo Beans Stewed Tomatoes Broccoli Biscuit Orange Juice, Dessert	5 Shredded Chicken Taco Salad Refried Beans, Cornbread Mexican Corn Tortilla Chips Peaches
8 Spaghetti w/ Meat sauce Garlic Wheat Bread Cooked Spinach Fruit Ice Cream	9 Cheeseburger w/ Lettuce & Tomato Crinkle Cut Fries 3 Bean Salad Potato Chips	10 HOLIDAY MEAL Roast Beef w/ Gravy Mashed Potatoes Green Beans Wheat Roll Cake w/ Blueberry Topping TC	11 Honey Mustard Chicken Macaroni Salad Peas & Corn Carrots Sticks w/ Dip Fresh Fruit	12 Sausage Gravy w/ Biscuit Cheese Omelet Hash Browns Cooked Spinach Fresh Fruit
15 Swiss Steak w/ Tomatoes & Onions Wheat Roll Potato Wedges Corn Fruit	16 Liver & Onions or Chicken Mashed Potatoes w/ Gravy Cooked Carrots Fruit Dessert	17 Pepperoni & Cheese Pizza Italian Veggies Salad w/ Diced Ham Cottage Cheese w/ Cherry Tomatoes Orange, Dessert	18 Baked Fish Tail Brown Rice w/Pinto Beans Broccoli Wheat Bread Pineapple Chunks Pudding	19 Chicken Sandwich w/ Lettuce & Tomato Mac & Cheese Salad Greens w/ Beets Peaches
22 Philly Cheesesteak Sub w/ Peppers & Onions Stewed Tomatoes Carrot Sticks w/ Dip Banana, Honey Bun	23 Chicken Tenders Potato Salad Lima Beans Mixed Berries Biscuit, Dessert	24 Meatloaf Scalloped Potatoes Green Beans, Wheat Roll Salad w/ Tomatoes Fruit	25 Hot Turkey Sandwich w/ Gravy Mashed Potatoes Broccoli Grapes	26 COOK'S CHOICE!
29 Ham & Cheese Sub Tater Tots Salad Greens w/ Beets Yogurt Fruit Cookie	30 Pork Chops w/ Gravy Stuffing White Beans w/ Spinach Peas & Corn Fresh Fruit	NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns. MENU WILL BE SUBJECT TO CHANGES		

If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open.

If schools are dismissing early, we will be closed.

Menu is subject to change.