

| MONDAY                                                                                                                                 | TUESDAY                                                                                                                                                  | WEDNESDAY                                                                                                                                       | THURSDAY                                                                                                                       | FRIDAY                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                       |                                                                                                                                                          | <b>NOTE:</b> Please call the Romney Senior Center for any home delivered meal questions or concerns.                                            | <b>1</b><br><br><b>COOK'S CHOICE</b>                                                                                           | <b>2</b><br><b>Ham &amp; Cheese Sub w/ Lettuce, Tomato, Pickle</b><br><b>Baked Chips</b><br><b>Macaroni Salad</b><br><b>Fresh Fruit, Ice Cream</b>   |
| <b>5</b><br><b>Bean Soup w/ Ham, Celery, Carrots, Onions</b><br><b>Cornbread</b><br><b>Spinach</b><br><b>Fruit</b>                     | <b>6</b><br><b>Meatloaf</b><br><b>Au Gratin Potatoes</b><br><b>Peas</b><br><b>Whole Wheat Roll</b><br><b>Fruit</b><br><b>Salad w/ tomatoes</b><br><br>TC | <b>7</b><br><b>BBQ Chicken</b><br><b>California Blend Vegetables</b><br><b>Baked Beans</b><br><b>Pasta Salad</b><br><b>Fresh Fruit</b>          | <b>8</b><br><b>Baked Fish w/ garlic butter</b><br><b>Rice Pilaf</b><br><b>Brussel Sprouts</b><br><b>Fruit</b><br><b>Cookie</b> | <b>9</b><br><b>Swedish Meatballs</b><br><b>Egg Noodles</b><br><b>Candied Carrots</b><br><b>Fresh Fruit</b><br><b>Tossed Salad</b>                    |
| <b>12</b><br><b>Grilled Sandwich w/ L &amp; T</b><br><b>Sweet Potato Fries</b><br><b>Butter Beans</b><br><b>Yogurt</b><br><b>Fruit</b> | <b>13</b><br><b>Cheeseburger Soup</b><br><b>Breadstick</b><br><b>Celery Sticks w/ dip</b><br><b>Fresh Fruit</b>                                          | <b>14</b><br><b>Beef Stir Fry</b><br><b>Brown Rice</b><br><b>Peas &amp; Carrots</b><br><b>Fruit</b>                                             | <b>15</b><br><b>Oven Fried Chicken</b><br><b>Scalloped Potatoes</b><br><b>Kale</b><br><b>Fruit</b>                             | <b>16</b><br><b>Baked Ham w/ pineapples</b><br><b>Sweet Potatoes</b><br><b>Green Beans</b><br><b>Fresh Fruit</b><br><b>Whole Wheat Roll, Brownie</b> |
| <b>19</b><br><b>Fish Nuggets</b><br><b>Macaroni &amp; Cheese</b><br><b>Stewed Tomatoes</b><br><b>Fruit</b><br><b>Coleslaw</b>          | <b>20</b><br><b>Stuffed Pepper Soup</b><br><b>Garlic Bread</b><br><b>Mixed Greens Salad</b><br><b>Fruit</b>                                              | <b>21</b><br><b>Chicken Burrito Bowl</b><br><b>Fruit</b><br><b>Tortilla Chips</b><br><b>Marinated Black Bean Salad</b>                          | <b>22</b><br><b>Chef Salad</b><br><b>Whole Wheat Roll</b><br><b>Fresh Fruit</b><br><b>Dessert</b>                              | <b>23</b><br><b>Pork Chop w/ gravy</b><br><b>Stuffing</b><br><b>White Beans &amp; Spinach</b><br><b>Fresh Fruit</b>                                  |
| <b>26</b><br><b>Taco Soup w/ cheese</b><br><b>Corn</b><br><b>Wheat Crackers</b><br><b>Fresh Fruit</b><br><b>Dessert</b>                | <b>27</b><br><b>Oven Roasted Turkey w/ Gravy</b><br><b>Baby Bakers</b><br><b>Broccoli</b><br><b>Fruit</b>                                                | <b>28</b><br><b>Country Fried Steak /gravy</b><br><b>Mashed Potatoes</b><br><b>Green Beans</b><br><b>Whole Wheat Roll</b><br><b>Fruit Crisp</b> | <b>29</b><br><b>Chicken Cornbread Casserole</b><br><b>Asparagus</b><br><b>Spinach Salad w/ Beets</b><br><b>Fresh Fruit</b>     | <b>30 HOLIDAY MEAL</b><br><b>Pizza</b><br><b>Italian Veggies</b><br><b>Corn</b><br><b>Fruit, Cottage Cheese</b><br><b>Dessert</b>                    |
| <b>THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.</b>                                  |                                                                                                                                                          |                                                                                                                                                 |                                                                                                                                |                                                                                                                                                      |