



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 Cheeseburger w/ Lettuce & Tomato Onion Petals Baked Beans Pear Halves, Pudding	2 Oven Roasted Turkey w/ Dressing, Wheat Roll Mashed Potatoes w/ Gravy Cooked Carrots Fruit Pie TC	3 Tuna Salad Sandwich Potato Salad Cherry Tomatoes Yogurt w/ Fruit Dessert
6 Beef Stew w/ Veggies Grilled Cheese Sandwich Celery & Carrot Sticks Baked Apples Wheat Crackers	7 Chicken Breast w/ Gravy Biscuit Parsley Potatoes Cooked Carrots Jell-O w/ Fruit	8 Taco Salad w/ Chili, Cheese Refried Beans, Cornbread Mexican Corn, Wheat Rice Tortilla Chips Fruit	9 Philly Cheesesteak Sub w/ Peppers & Onions French Fries Salad Greens w/ Tomatoes Banana	10 CLOSED VETERANS DAY OBSERVED NO MEAL SERVICES 
13 Chicken Noodle Soup w/ Carrots & Celery Ham Salad Salad Greens w/ beets Fruit, Cookie	14 Spaghetti w/ Meat Sauce Garlic Wheat Bread Green Beans Jell-O w/ Fruit Dessert	15 Chef Salad w/ Ham, Turkey, Egg & Cheese Wheat Roll Grapes Dessert	16 HOLIDAY MEAL Baked Ham Cabbage, Cooked Carrots Boiled Potatoes Wheat Bread, Dessert	17 Pork Chops w/ Gravy Stuffing White Beans & Spinach Salad w/ Tomatoes Mandarin Oranges
20 Chili Dog w/ Bun Coleslaw Tator Tots Cottage Cheese, Fruit Chips	21 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Tropical Fruit Wheat Roll	22 Chicken Tenders French Fries Corn Cherry Tomatoes Biscuit, Apple Crisp	23 CLOSED THANKSGIVING DAY! NO MEAL SERVICES 	24 CLOSED NO MEAL SERVICES
27 Fish Fillet w/ Wheat Bun Mac & Cheese Peas & Corn Carrots & Celery Sticks Tropical Fruit, Cookie	28 Pepperoni & Cheese Pizza Italian Veggies Salad Greens w/ Diced Ham Cottage Cheese Fruit Cocktail	29 Lasagna w/ Meat Sauce Garlic Wheat Bread Green Beans Salad Greens w/ Beets Pudding	30 Salmon Cake Black Beans & Brown Rice Stewed Tomatoes Coleslaw Fruit, Dessert	NOTE: Please call the Romney Senior Center for any home delivered meal questions or concerns.

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.