


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 on Bun w/ lettuce & tomato Vegetable Rice Brussel Sprouts Fruit Coleslaw	2 Mozzarella Chicken w/ Marinara Sauce Penne Pasta Broccoli Fresh Fruit Spinach Salad	3 COOK'S CHOICE	4 Baked Ham Slice Macaroni & Cheese California Blend Fresh Fruit Biscuit	5 BBQ Beef Riblet Au Gratin Potatoes Green Beans Fruit Pudding Parfait
8 Beef & Bean Burrito Asparagus Mexican Street Corn Side Salad Fruit Dessert	9 Sausage Gravy w/ Biscuit Egg & Cheese Omelet Diced Potatoes w/ onions Fresh Fruit Raw Bell Pepper Sticks	10 Steak Salad Fresh Fruit Whole Wheat Roll Dessert	11 BBQ Chicken Breast Scalloped Potatoes Baked Beans Coleslaw Fruit	12 Turkey w/ Gravy Mashed Potatoes Cooked Carrots Wheat Bread Fresh Fruit
15 Chef Salad Wheat Crackers Fruit Dessert	16 Chicken Noodle Soup w/ celery & carrots Chicken Salad Sandwich Cherry Tomatoes Fruit Cottage Cheese	17 Chili, Cheese Nachos Refried Beans Mexican Corn Salsa Fresh Fruit	18 FATHER'S DAY MEAL! Salisbury Steak w/ Gravy Baby Bakers Green Beans Fresh Fruit Whole Wheat Roll Peach Pie	19 CLOSED in OBSERVANCE of WV DAY!
22 Chicken Patty on Bun w/ lettuce & tomato Onion Rings Lima Beans Pineapple Chunks, Yogurt	23 Swiss Steak w/ tomatoes & onions Potato Wedges Corn Broccoli Salad Fruit, Whole Wheat Roll	24 Pork Chop w/ Sauerkraut Parsley Potatoes Cooked Carrots Applesauce	25 Baked Fish Tail Brown Rice w/ Black Beans Stewed Tomatoes Fresh Fruit Brownie	26 Lasagna w/ meat sauce Garlic Bread Italian Veggies Salad Fresh Fruit
29 Turkey, Dressing Supreme Sweet Potatoes Peas Fruit	30 Polish Sausage w/ peppers & onions on Bun Baked Fries 3 Bean Salad Fruit & Cookie	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. You will be provided a frozen meal for the days we are closed.				MENU IS SUBJECT TO CHANGE