

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Center Open Tuesday & Friday 9am-2pm	1	2 Ham & Cheese Sub w/ Lettuce, Tomato, Pickle Baked Chips Macaroni Salad Fresh Fruit, Ice Cream
5	6 Meatloaf Au Gratin Potatoes Peas Whole Wheat Roll Fruit Salad w/ tomatoes TC	7	8	9 Swedish Meatballs Egg Noodles Candied Carrots Fresh Fruit Tossed Salad
12	13 Cheeseburger Soup Breadstick Celery Sticks w/ dip Fresh Fruit	14	15	16 Baked Ham w/ pineapples Sweet Potatoes Green Beans Fresh Fruit Whole Wheat Roll, Brownie
19	20 Stuffed Pepper Soup Garlic Bread Mixed Greens Salad Fruit	21	22	23 Pork Chop w/ gravy Stuffing White Beans & Spinach Fresh Fruit
26	27 Oven Roasted Turkey w/ Gravy Baby Bakers Broccoli Fruit	28	29	30 HOLIDAY MEAL Pizza Italian Veggies Corn Fruit, Cottage Cheese Dessert
THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.				