

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