





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  NO MEAL	2 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Whole Orange(22)	3 National Spaghetti Day Spaghetti Pasta with Meat Sauce(25) Seasoned Green Beans(02) Fresh Baked Garlic Bread(15) Fresh Local Apples(17)	4 Garlic Roasted Beef (00) Herb Roasted Baby Potatoes & Gravy(25) Seasoned Peas(11) Diced Peaches(19) Fresh Baked Roll(16)
7 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll (15)	8 Country Fried Steak(04) Mashed Potatoes & Gravy (27) Mixed Vegetables(12) Fresh Baked Roll (15) Cottage Cheese with Fruit (12)	9 Three Cheese Tortellini with Basil Marinara Sauce(28) Garden Green Salad(02) Sliced Carrots(06) Cinnamon Apple crisp(67) Fresh Baked Roll(15)	10 Nachos Seasoned Ground Beef,Tortilla Chips,Sliced Black Olives, Diced Tomatos, Nacho Cheese,Refried Beans,Salsa, Sour Cream(40) Mandarin Oranges (11)	11 National Curried Chicken Day Curried Chicken over White Rice(30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls(16) Pineapple Tidbits(07)
14 Swedish Meatballs(39) Rice(21) Carrots(06) Mixed Fruit Cocktail(08) Fresh Baked Roll(16) Brownie(23)	15 Flaky Homemade Biscuits with Country Gravy (33) Scrambled Eggs(08) Pork Sausage Links(0) Fresh Naval Orange(22)	16 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears (19)	17 Savory Corn Chowder(30) Garden Fresh Green Salad(02) Sliced Peaches(18) Fresh Baked Corn Bread(33)	18 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrot(06) Fresh Baked Roll(15) Mandarin Oranges(11)
21  NO MEAL	22 Ms. Helen’s Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Hot Cinnamon Apple Sauce(14)	23 National Peanut Butter Day Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Fresh Corn Bread Muffin(33) Orange(11) Peanut butter cookie (23)	24 Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Jello with Fruit(18) Fresh Baked Brownie(23)	25 Traditional Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears(19)
28 National Corn Chip Day Three Bean Beef Chili with cheese(25) California Blend Vegetables(18) Corn Chips(18) Cornbread(28) Peaches(18)	29 Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08) Brownie(23)	30 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges (11)	31 Creamed Chicken over Steamed White Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Rolls(16) Seasonal Fruit Crisp (67)	<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>

Suggested Donation \$3/meal

Menu is subject to change