

Suggested Donation \$1.25 per meal*Donations are voluntary and confidential.**No one will be denied a meal if a donation is not given.**Guest Meals - \$5.37*

Meals provide 1/3 recommended Dietary Reference Intakes (DRIs) for older adults.

The weekly average nutrient amount of each meal is: 10% or less Saturated Fat (<8g), 50-55% Carbohydrate, 15-20% Protein (>35g), 1000mg or less Sodium. Salt and sugar are not added to any recipe. *Menu subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Garden Salad/ <i>French Dressing</i> LS Ham Steak with Pineapple Mashed Potatoes Sweet Peas Blueberry Muffin Pineapple Tidbits	2 Marinated Tomato and Cucumber Salad Korean BBQ Chicken Leg Brown Rice Broccoli Florets Whole Grain Bread Fresh Seasonal Fruit	3 Cream of Broccoli Soup Tuna Noodle Salad over Romaine Beet and Onion Salad Carrot Slaw Pumpkin Bread Fruit Yogurt	4 Garden Salad/ <i>Thousand Island</i> Roast Turkey with Gravy Cornbread Stuffing Glazed Carrots Whole Grain Dinner Roll Fruit Cocktail <i>Cranberry Sauce</i>
7 	8 Split Pea with Ham Soup Stuffed Cabbage Potatoes Au Gratin California Blend Vegetables Rye Bread Fresh Seasonal Fruit	9 Caesar Salad/ <i>Caesar Dressing</i> Italian Meatballs Rigatoni Marinara Italian Blend Vegetables Italian Bread Fresh Seasonal Fruit <i>Parmesan Cheese</i>	10 Navy Bean Soup Seafood Salad over Spinach Vegetable Pasta Salad 3-Bean Salad Whole Wheat Bread Fresh Seasonal Fruit	11 Lentil Soup Chicken with Pineapple Fried Rice with Pineapple Sautéed Onions and Peppers Hawaiian Rolls Pineapple Cake 
14 Marinated Chickpea and Tomato Salad BBQ Pulled Pork Sandwich Macaroni and Cheese Sautéed Greens Whole Wheat Hoagie Roll Fresh Seasonal Fruit	15 Garden Salad/ <i>Balsamic</i> Fish with Lemon Dill Sauce Yellow Rice Sweet Baby Peas Whole Grain Roll Fresh Seasonal Fruit <i>Lemon Wedge/Tartar Sauce</i>	16 Cream of Tomato Soup Egg Salad Sandwich with Lettuce and Tomato Vegetable Quinoa Salad Broccoli Slaw Rye Bread (x2) Diced Pears	17 Health Salad Homestyle Meatloaf with Gravy Baked Potato/ <i>Sour Cream</i> Diced Carrots Multigrain Bread Fresh Seasonal Fruit	18 Vegetable Soup Sweet and Sour Chicken with Onions and Peppers Brown Rice Japanese Blend Vegetables Whole Wheat Bread Mandarin Oranges
21 Black Bean Vegetable Salad Pernil (Marinated Pork) Yellow Rice and Beans Caribbean Blend Vegetables Plantain Chips Fresh Pineapple	22 Cream of Turkey Soup Cheese Omelet Turkey Sausage Patty Diced Roasted Potatoes Sautéed Onions and Peppers Blueberry Muffin Fruit Yogurt <i>Ketchup</i>	23 Marinated Caprese Salad Chicken Cacciatore with Rigatoni Sautéed Greens with Garlic Italian Bread Fresh Seasonal Fruit	24 Cheeseburger with Lettuce/Tomato <i>Mayo/Ketchup</i> Corn on the Cob Carrot Coleslaw Hamburger Bun Chocolate Chip Cookie	25 Chicken Noodle Soup Chicken Salad Sandwich with Lettuce and Tomato Red Skin Potato Salad Beet and Onion Salad Rye Bread (x2) Fresh Seasonal Fruit
28 Garden Salad/ <i>Italian</i> Chicken Florentine Wild Rice Pilaf French Green Beans Multigrain Roll Fresh Seasonal Fruit	29 Pasta Fagioli Soup Stuffed Peppers Mashed Potatoes Sautéed Spinach Multigrain Bread Fresh Seasonal Fruit	30 Baby Carrots Ham and Cheese with Lettuce and Tomato Vegetable Macaroni Salad Whole Grain Round Roll Fresh Seasonal Fruit <i>Mustard/Mayonnaise</i>	 	

Each meal is served with skim milk and your choice of coffee or hot tea.

Prepared by Nancy Turnier, MS, RDN Registered Dietitian