

Tuesday		Wednesday		Thursday		Friday	
					1		2
				BBQ Chicken Macaroni Salad 3 Bean Salad Sweet Potato Home Fries Melon <u>Bone Builders 9:30</u>		Sloppy Joes w/Ground Turkey Mixed Vegetables Garden Salad Fruit Crisp	
6		7		8		9	
Sausage,Peppers, & Onions w/Pasta Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>	Baked Chicken Stuffing Mashed Sweet Potatoes Broccoli Fruit Crisp <u>Card Playing 1:00 PM</u>	Beef Stew w/Potatoes, Carrots & Onions Muffin Garden Salad Jello w/ Fruit <u>Bone Builders 9:30</u>		Baked Ham Scalloped Potatoes Carrots Zucchini Muffin			
13		14		15		16	
Stuffed Pepper Casserole w/ Ground Turkey & Brown Rice Garden Salad Fruit Crisp <u>Bone Builders 9:30</u>	BBQ Ribs Rice Squash & Zucchini Garden Salad Fresh Fruit <u>Card Playing 1:00 PM</u>	Chicken w/Biscuits Mashed Potatoes Carrots Cranberry Sauce <u>Bone Builders 9:30</u>		Vegetable Quiche Home Fries w/Peppers & Onions Muffin Yogurt Fruit Salad			
20		21		22		23	
Vegetable Lasagna Garden Salad w/Chick Peas Fresh Fruit <u>Bone Builders 9:30</u>	Sweet n Sour Chicken w/ Brown Rice Vegetable Garden Salad Muffin w/Fruit <u>Card Playing 1:00 PM</u>	Mac & Cheese Stewed Tomatoes Garden Salad Fruit Crisp <u>Bone Builders 9:30</u>		Corn Chowder w/ Ham Salad Sandwich Pasta Salad w/ Veggies Berries			
27		28		29		30	
Smothered Pork Chops w/ Stuffing Mashed Potatoes Carrots Apples <u>Bone Builders 9:30</u>	Spaghetti w/Meatballs Mixed Vegetables Garden Salad Yogurt w/ Berries <u>Card Playing 1:00 PM</u>	Beef & Veggie Stir Fry w/ Brown Rice Garden Salad Oranges <u>Bone Builders 9:30</u>		Turkey Chilli Sweet Potato Home Fries Corn Muffin Fruit			

Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, onion, peppers,. Fruit Salad is pineapple, bananas, Strawberries, blueberries, grapes, and/or peaches, when available.