




| MONDAY | Tuesday | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| <p>MEALS ARE \$5.00 FOR NON- SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED AVAILABLE)</p> |  | | | <p>1</p> <p>Oven Baked Fish Cornbread Stuffing Cauliflower Mashed Sweet Potato Pear Rainbow Sherbet Cantaloupe</p> |
| <p>4</p> <p>Tomato Soup Fish Lemon Dill Sauce Barley Pilaf Fiesta Corn Garden Salad w/ Red Onion Cantaloupe</p> | <p>5</p> <p>Mexican Vegetable Soup Chicken Mole (L & T) Brown Spanish Rice Pinto Beans Carrot & Raisin Salad Orange</p> | <p>6</p> <p>Baked Ziti WG Pasta Sourdough Bread Peas & Carrots Green Beans Kiwi</p> | <p>7</p> <p>Beef Stroganoff WG Roll Egg Noodle Zucchini Medley Mesclun Mix Salad Tropical Fruit Sugar Cookie</p> | <p>8</p> <p>Choice of Entrée: Pork Loin w/ Mustard Sauce or Baked Fish WG Bread Stuffing Corn Spinach / Kale Salad w/ Tomato Apple or Applesauce</p> |
| <p>11</p> <p>Rosemary Chicken w/ Creamy Garlic Sauce Brown Rice California Mix Chopped Salad Apple or Applesauce Red Manhattan Gelatin</p> | <p>12</p> <p>Meatloaf w/ Gravy WG Bread Mashed Potatoes Green Beans Ambrosia Salad</p> | <p>13</p> <p>Turkey Rice Soup BBQ Chicken (L&T) WG Dinner Roll Broccoli Baked Beans Pear or Pears w/Cinnamon</p> | <p>14</p> <p>! Corned Beef!  Whole Rye Bread Boiled New Potatoes Steamed Cabbage Carrot & Pineapple Salad Orange Green Manhattan Gelatin</p> | <p>15</p> <p>Choice of Entrée: Garlic Butter Fish or Sweet & Sour Pork Biscuit Barley Pilaf Peas / Tricolor Slaw Banana</p> |
| <p>18</p> <p>Beef Stew w/ Potatoes Celery, Onion WG Dinner Roll Carrots Garden Salad w/Iceberg, Cucumber & Tomatoes Orange</p> | <p>19</p> <p>Lentil Soup Chicken Marsala w/ Mushroom & White Wine Sauce WG Penne Pasta / Peas & Onions /Marinated Beet Salad / Kiwi</p> | <p>20</p> <p>Pork Loin Apple Berry Sauce Brown Rice /Zucchini Medley / Romaine Caesar Salad w/Croutons Tangerine</p> | <p>21</p> <p>Chicken Cilantro Soup BBQ Hamburger WG Bun Broccoli Macaroni Salad Plum or Pear Fruited Yogurt</p> | <p>22</p> <p>Choice of Entrée: Turkey Chili w/ Barley or Vegetarian Chili w/ Barley Cornbread / Baked Potato Chopped Kale & Spinach Salad w/Tomatoes Apple or Applesauce</p> |
| <p>25</p> <p>Closed Cesar Chavez</p>  | <p>26</p> <p>Roast Beef w/ Gravy WG Roll Mashed Potatoes Collard Green Waldorf Salad Oatmeal Cookie</p> | <p>27</p> <p>Cream of Corn Soup Tuna Sandwich WG Bread Carrot Pineapple Slaw Shredded Brussels Sprouts & Cabbage Salad Apple</p> | <p>28</p> <p>Orange Juice !Glazed Ham! Whole Grain Roll Baked Sweet Potato Green Beans Spinach Salad Melon / Rainbow Sherbet</p> | <p>29</p> <p>Tomato Bisque Soup Lemon Dijon Baked Fish Rice Pilaf Zucchini Medley Coleslaw Banana</p> |

*ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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