

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p><i>Orange Juice</i> <i>Chicken Lo Mein</i> <i>Vegetables in Sauce</i> <i>Noodles</i> <i>Baked Winter Squash</i> <i>Tossed Salad with Mushrooms</i> <i>French Dressing</i> <i>Fresh Strawberries</i></p>	<p>3</p> <p><i>Lentil Soup</i> <i>Crackers</i> <i>Beef Hamburger</i> <i>Whole Grain Hamburger Bun</i> <i>Lettuce, Tomato & Onion Slice</i> <i>Mustard, Ketchup & Mayo Packets</i> <i>Carrot Raisin Salad</i> <i>Cantaloupe Slice</i></p>	<p>4</p> <p><i>Sliced Roast Turkey with Gravy</i> <i>Cranberry Sauce</i> <i>Barley Pilaf</i> <i>Fresh Green Beans</i> <i>Apple Salad</i> <i>Whole Grain Bread Slice</i> <i>Orange Sections</i></p>	<p>5</p> <p><i>Rosemary Chicken (Leg & Thigh) in Sauce</i> <i>Carrots & Broccoli</i> <i>Fresh Sweet Potatoes</i> <i>Gingered Pears</i> <i>Whole Grain Bread Slice</i> <i>Gingered Pears</i> <i>Banana</i></p>	<p>6</p> <p><i>Creamy Squash Soup</i> <i>Italian Beef Meatloaf</i> <i>Mashed Potatoes</i> <i>Corn Niblets</i> <i>Spinach Salad with Mushrooms</i> <i>Creamy Italian Dressing</i> <i>Sourdough Bread</i> <i>Fresh Papaya</i></p>	<p>7</p> <p><i>Apple Juice</i> <i>Sliced Turkey on Whole Wheat Bread</i> <i>Mayo& Mustard</i> <i>Lettuce & Tomato Slices</i> <i>Potato Salad</i> <i>Three Bean Salad</i> <i>Trans Fat Free Bran Muffin</i></p>
<p>9</p> <p><i>Chicken Cacciatore in Tomato Sauce with Peppers & Onions</i> <i>Spaghetti</i> <i>Green Peas</i> <i>Carrot Broccoli Slaw</i> <i>Citrus Fruit Cup</i></p>	<p>10</p> <p><i>Sliced Roast Turkey with Gravy</i> <i>Fresh Sweet Potatoes</i> <i>Fresh Green Beans</i> <i>Apple Salad</i> <i>Whole Grain Bread Slice</i> <i>Custard</i></p>	<p>11</p> <p><i>Orange Juice</i> <i>Oven Fried Chicken (Leg & Thigh) with Gravy</i> <i>Cornbread Stuffing</i> <i>Fresh Asparagus</i> <i>Lettuce, Radish and Cucumber Salad</i> <i>Ranch Dressing</i> <i>Whole Grain Bread</i> <i>Cantaloupe</i></p>	<p>12</p> <p><i>Minestrone Soup</i> <i>Ground Beef Stuffed Bell Pepper</i> <i>Spanish Rice</i> <i>Creamed Spinach</i> <i>Strawberry Gelatin with Pineapple</i> <i>Whole Grain Bread Slice</i> <i>Orange Sections</i></p>	<p>13</p> <p><i>Tomato Soup</i> <i>Tuna Salad</i> <i>Whole Grain Bun</i> <i>Lettuce, Onion & Tomato Slice</i> <i>Three Bean Salad</i> <i>Creamy Coleslaw</i> <i>Marinated Beet & Onion Salad</i> <i>Creamy Coleslaw</i> <i>Fresh Watermelon</i></p>	<p>14</p> <p><i>Tuna Salad on Whole Grain Bun</i> <i>Lettuce and Tomato Slices</i> <i>Mayo& Mustard</i> <i>Potato Salad</i> <i>Marinated Bean, Onion and Tomato Salad</i> <i>Cantaloupe or Honey Dew</i></p>
<p>16</p> <p><i>Orange Juice</i> <i>Poached Salmon</i> <i>Whole Grain Roll</i> <i>Creamed Spinach</i> <i>Baked Winter Squash</i> <i>Lettuce Salad with Sliced Radishes and Cucumber</i> <i>Ranch Dressing</i> <i>Custard</i></p>	<p>17</p> <p><i>Hawaiian Chicken (Leg & Thigh)</i> <i>w/ Hawaiian Sauce</i> <i>Rice Pilaf</i> <i>Green Broccoli</i> <i>Creamy Coleslaw</i> <i>Whole Grain Bread</i> <i>Margarine</i> <i>Peaches</i></p>	<p>18</p> <p><i>Fish Vera Cruz</i> <i>Spicy Tomato Sauce</i> <i>Lemon Slice & Tartar Sauce</i> <i>Fresh Sweet Potatoes</i> <i>Corn Niblets</i> <i>Apple Salad</i> <i>Flour Tortilla</i> <i>Margarine</i> <i>Fresh Blueberries</i></p>	<p>19</p> <p><i>Creamy Squash Soup</i> <i>Crackers</i> <i>Sliced Turkey with Gravy</i> <i>Cornbread Stuffing</i> <i>Hot Beets with Onions</i> <i>Carrot Broccoli Slaw</i> <i>Another Darn Banana</i></p>	<p>20</p> <p><i>Navy Bean Soup</i> <i>Crackers</i> <i>Italian Meatballs with Tomato Sauce</i> <i>Spaghetti</i> <i>Fresh Green Beans</i> <i>Lettuce and Tomato Salad with Italian Dressing</i> <i>Cantaloupe</i></p>	<p>21</p> <p><i>Berry Juice</i> <i>Chicken Salad</i> <i>Sandwich on French Bread</i> <i>Mayonnaise</i> <i>Mustard</i> <i>Potato Salad</i> <i>Creamy Coleslaw</i> <i>Sunset Salad</i> <i>TFF Chocolate Chip Cookies</i></p>
<p>23</p> <p><i>Tomato Soup</i> <i>Crackers</i> <i>Turkey with Gravy</i> <i>Parsley Potatoes</i> <i>Carrot Coins</i> <i>Creamy Coleslaw</i> <i>Whole Grain Bread</i> <i>Apple Cobbler with Oatmeal Topping</i></p>	<p>24</p> <p><i>Orange Juice</i> <i>Beef Fajitas w/Peppers & Onions in Sauce</i> <i>Flour Tortilla</i> <i>Baked Winter Squash</i> <i>Pinto or Black Beans</i> <i>Salad with Radishes</i> <i>Ranch Dressing</i> <i>Fresh Grapes</i></p>	<p>25</p> <p><i>Chicken Chop Suey w/Pulled Chicken, Bean Sprouts, Onions & Peppers in Sauce</i> <i>Rice</i> <i>Garlic Baby Bok Choy</i> <i>Chinese Cabbage Salad</i> <i>Asian Dressing</i> <i>Cantaloupe</i></p>	<p>26</p> <p><i>Minestrone Soup</i> <i>Crackers</i> <i>Beef Meatloaf & Gravy</i> <i>Whole Grain Bread</i> <i>Mashed Potatoes</i> <i>Green Peas</i> <i>Three Bean Salad</i> <i>Orange Sections</i></p>	<p>27</p> <p><i>Rosemary Chicken (Leg & Thigh) in Sauce</i> <i>Whole Grain Bread</i> <i>Barley Pilaf</i> <i>Fresh Sweet Potatoes</i> <i>Marinated Beet & Onion Salad</i> <i>Sliced Pears</i></p>	<p>28</p> <p><i>Apple Juice</i> <i>Sliced Turkey on Whole Wheat Bread</i> <i>Mayo& Mustard</i> <i>Lettuce & Tomato Slices</i> <i>Potato Salad</i> <i>Three Bean Salad</i> <i>Trans Fat Free Bran Muffin</i></p>
<p>30</p> <p><i>Poached Salmon</i> <i>Tartar Sauce</i> <i>Flour Tortilla</i> <i>Baked Winter Squash</i> <i>Spinach Salad with Mushrooms</i> <i>1000 Island Dressing</i> <i>Cantaloupe</i></p>	<p>31</p> <p><i>Sliced Turkey with Gravy</i> <i>Whole Grain Bread</i> <i>Fresh Sweet Potatoes</i> <i>Green Peas</i> <i>Salad with Red Cabbage</i> <i>French Dressing</i> <i>Fresh Watermelon</i></p>			<p>Suggested donation for lunch is only \$3.00 <i>Please consider a donation today!</i></p>	