



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		SWEET & SOUR CHICKEN 1 BROWN RICE CALIFORNIA BLEND VEGGIES GREEN PEAS WHOLE GRAIN ROLL SEASONAL FRUIT	BREADED BAKED FISH/ 2 Tartar Sauce GARDEN BROWN RICE BROCCOLI FLORETS MULTI GRAIN BREAD APPLE CRISP	VEGETARIAN CHILI 3 MIXED VEGETABLES SPINACH ROMAINE SALAD/ Dressing CORN BREAD PEARS
VEGETABLE PASTA 6 STEAMED SPINACH HERBED CARROTS MULTI GRAIN BREAD MANDARIN ORANGES	TERIYAKI BEEF TIPS 7 BROWN RICE ASIAN BLEND VEGETABLES MULTI GRAIN BREAD PINEAPPLE CHUNKS	ROAST TURKEY W/GRAVY 8 WHIPPED POTATOES PEAS & PEARL ONIONS WHOLE WHEAT ROLL PEACHES	BBQ CHICKEN SANDWICH 9 CHUCK WAGON CORN CREAMY COLE SLAW WHOLE WHEAT BUN FRESH BANANA	VEGETABLE ROMANOFF 10 BUTTERNUT SQUASH SPINACH ROMAINE SALAD/ Dressing GARLIC BREAD STICKS FRESH ORANGE
SPINACH & MUSHROOM 13 FRITATTA OVEN ROASTED POTATOES HARVARD BEETS MULTI GRAIN BREAD PINEAPPLE CUBES ZUCCHINI BROWNIES	PORK PATTY W/GRAVY 14 SOUR CREAM AND CHIVE POTATOES GLAZED CARROTS WHOLE WHEAT ROLL PEARS	CHICKEN SPANISH RICE 15 RANCH BEANS MIXED VEGETABLES WHOLE WHEAT TORTILLA PINEAPPLE CHUNKS	BEEF HAMBURGER 16 POTATO WEDGES PEA SALAD LETTUCE/TOMATO WHOLE WHEAT BUN/ Mayo & Mustard SEASONAL FRUIT	CORN BEEF 17 PARSLIED POTATOES CABBAGE/CARROTS BISCUIT CINNAMON APPLESAUCE SHAMROCK COOKIE
MAC & CHEESE 20 CUT GREEN BEANS CAESAR SALAD MULTI GRAIN BREAD SRAWBERRY LUSCIOUS	BEEF SWISS-STYLE PATTY 21 WHIPPED POTATOES RED CABBAGE & CARROTS WHOLE GRAIN ROLL SEASONAL FRUIT	ORANGE-GLAZED CHICKEN 22 STEAMED SPINACH MARINATED SPRING SALAD MULTI GRAIN BREAD PEARS BIRTHDAY CAKE	TURKEY POT PIE 23 GREEN PEAS SPINACH ROMAINE SALAD/ Salad Dressing BISCUIT	CALIFORNIA CASSEROLE 24 CUT GREEN BEANS CARROT MANDARIN SALAD MULTI GRAIN BREAD VANILLA PUDDING
BREADED FISH W/CREOLE 27 SAUCE GREEN PEAS & ONIONS GARDEN VEGETABLE SALAD WHOLE WHEAT ROLL SEASONAL FRUIT	WAIKIKI CHICKEN 28 WHIPPED SWEET POTATOES HARVARD BEETS MULTI GRAIN BREAD TROPICAL FRUIT	SPAGHETTI W/MEAT SAUCE 29 CUT GREEN BEANS AMBROSIA SALAD GARLIC BREAD CHOCOLATE CHIP COOKIE	COUNTRY MEATBALLS 30 W/GRAVY BROWN RICE PILAF SCANDINAVIAN VEGGIES MULTI GRAIN BREAD MANDARIN ORANGES	CHEESE OMELET 31 ROASTED RED POTATOES STEAMED SPINACH WHOLE GRAIN ROLL CINNAMON APPLE SLICES

** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED

** NUTRITIONAL INFORMATION IS AVAILABLE FOR THESE MEALS UPON REQUEST

THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

Do you or someone you know eat lunch alone?

Call **Carla Castañeda 520-393-6814**

****Full Salad Bar option every Tuesday and Wednesday****

Congregate meals for **ALL** adults **60+**

Transportation available.

Donation \$3.00 for participants. \$7.00 Guest Fee

Please call for reservations in advance!

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