



Call Your Local Senior Center to Confirm Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration!</i></p> <p><i>Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!</i></p>		<p>1 Breaded Dill Chicken Sandwich w/ Lettuce and Tomato 1/2c Roasted Potatoes 1/2c applesauce 1/2c Coleslaw 1 Hamburger Bun, Ranch PC</p> <p><b>NEW ITEM</b></p>	<p>2 3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Broccoli 1/2c Blushed Fruit</p>	<p>3 <b>Closed</b></p>
<p>6 3oz Pot Roast w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables 1 White Bread 1/2c Diced Peaches</p>	<p>7 Grilled Chicken Salad (2oz Chicken, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>8 1c Cabbage Roll Casserole 1/2c Garlic Whipped Potatoes 1/2c Carrots 1 Dinner Roll Seasonal Fresh Fruit</p> <p><b>NEW ITEM</b></p>	<p>9 Pasta &amp; Meatballs (4) w/ Alfredo Sauce 1/2c Green Peas &amp; Pearl Onions 1 Garlic Herb Breadstick Seasonal Fresh Fruit</p>	<p>10 Call your local Senior Center for Meal Information</p>
<p>13 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread</p> 	<p>14 3oz Chipped BBQ Ham Sandwich 1/2c Seasoned Green Beans 1/2c spiced apples 1/2c Homestyle Coleslaw 1 Hamburger Bun</p> <p><b>NEW ITEM</b></p>	<p>15 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley</p>	<p>16 Florentine Omelet w/ Creamed Spinach and Cheese 1/2c Herbed Breakfast Potatoes 1/2c diced pears 1 biscuit</p> <p><b>NEW ITEM</b></p>	<p>17 Call your local Senior Center for Meal Information</p> <p>\$5</p>
<p>20 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges</p>	<p>21 Meatball Hoagie (3) w/ .5oz Mozzarella Cheese 1c Pasta Fagioli Soup 1c Garden Salad w/ Dressing Seasonal Fresh Fruit 1 Hot Dog Bun</p>	<p>22 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli &amp; Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll</p>  <p><b>NEW ITEM</b></p>	<p>23 Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1/2c California Blend Vegetables 1/2c Peas &amp; Onions Medley 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>24 Call your local Senior Center for Meal Information</p>
<p>27 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie</p>	<p>28 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Wheat Bread 1/2c Fruited Gelatin</p>	<p>29 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits</p>	<p>30 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c Warmed Spiced Peaches</p>	<p>31 Call your local Senior Center for Meal Information</p>