



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p><b>1</b></p> <p><b>A- Swiss Steak</b> <b>B- Turkey and Dumplings</b> Chili Beans Stewed Okra Texas Bread Fresh Fruit </p>	<p><b>2</b></p> <p><b>A- Breaded Chicken with Gravy</b> <b>B- Rosemary Pork Loin</b> Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p><b>3</b></p> <p><b>A- Balsamic Glazed Beef Meatballs</b> <b>B- Veracruz Chicken</b> Lima Beans Lemon Zest Broccoli Wheat Bread Fruited Strawberry Gelatin</p>	<p><b>4</b></p> <p><b>Cold Meal</b> <b>A- Charlene's Tuna Macaroni Salad</b> <b>B- Turkey and Rice Salad</b> Marinated Beet Salad Marinated Carrots Wheat Bread Grape Juice</p>
<p><b>7</b></p> <p><b>A- Beef with Country Gravy</b> <b>B- Onion Breaded Chicken</b> Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit </p>	<p><b>8</b></p> <p><b>A- Turkey Pasta Bolognese</b> <b>B- Heavenly Ham</b> Whole Kernel Corn Mixed Greens Wheat Bread Fresh Banana</p>	<p><b>9</b></p> <p><b>A- Hunan Style Tofu</b>  <b>B- Mongolian Chicken</b> Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit</p>	<p><b>10</b></p> <p><b>A- Pesto Chicken</b> <b>B- Steakhouse Beef</b> Lemon Herb Pasta Green Beans Texas Bread Fresh Fruit</p>	<p><b>11</b></p> <p><b>A- Cheese Omelet</b>  <b>B- Apricot Chicken</b> Seasoned Black Beans Stewed Tomatoes Wheat Bread Grape Juice</p>
<p><b>14</b></p> <p><b>Closed – No Delivery</b></p>	<p><b>15</b></p> <p><b>A- Suellen's Baked Chicken with Gravy</b> <b>B- Beef with Brown Gravy</b> Couscous Pilaf Mixed Vegetables Texas Bread Fresh Fruit </p>	<p><b>16</b></p> <p><b>A- Pollock Fish Nuggets</b> <b>B- Homestyle Pork Roast</b> Oven Roasted Potatoes Herbed Green Peas Dinner Roll Fresh Fruit</p>	<p><b>17</b></p> <p><b>A- Beef Chili with Beans</b> <b>B- Chicken Chili</b> Brown Rice Catalina Vegetables Saltine Crackers Fruited Lime Gelatin</p>	<p><b>18</b></p> <p><b>A- Spinach Macaroni and Cheese</b>  <b>B- Chicken Alfredo</b> Broccoli Garlic Parmesan Cauliflower Wheat Bread Apple Juice</p>
<p><b>21</b></p> <p><b>A- Chili Garlic Chicken</b> <b>B- Soy Ginger Beef</b> Brown Rice Brussels Sprouts and Corn Texas Bread Fresh Fruit </p>	<p><b>22</b></p> <p><b>A- Turkey and White Beans</b> <b>B- Beef Stroganoff</b> Parslied Carrots Diced Beets Texas Bread Fresh Banana</p>	<p><b>23</b></p> <p><b>A- Lemon Caper Chicken</b> <b>B- Swiss Steak</b> Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine</p>	<p><b>24</b></p> <p><b>A- Pork Carnitas</b> <b>B- Chicken Fajita</b> Pinto Beans Spanish Brown Rice Wheat Tortilla Fresh Fruit Taco Sauce </p>	<p><b>25</b></p> <p><b>Cold Meal</b> <b>A- Mary's Yogurt Dill Chicken Salad</b> <b>B- Egg Salad</b>  Quinoa Pepper Salad Pasta Salad Saltine Crackers Cranberry Juice</p>
<p><b>28</b></p> <p><b>A- Ron Lantz's Meatloaf with Brown Gravy</b> <b>B- Mozzarella Breaded Chicken</b> Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit</p>	<p><b>29</b></p> <p><b>A- Black Bean Chicken</b> <b>B- Peking Pork</b> Brown Rice Ginger Carrots Dinner Roll Fresh Fruit</p>	<p><b>30</b></p> <p><b>Cold Meal</b> <b>A- Pimento Cheese</b>  <b>B- Salmon Pasta Salad</b> Vegetable Couscous Salad Cucumber and Onion Salad Saltine Crackers Fresh Banana</p>	<p><b>31</b></p> <p><b>A- Rosemary Butter Sliced Ham</b> <b>B- Creamy Paprika Chicken</b> Pinto Beans Okra and Tomatoes Texas Bread Fruited Lemon Gelatin </p>	<p> - Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>