

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf w/ Onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	4 Orange Pork Pacific Blend Veg Mixed Berries w/ Whipped Topping and Pound Cake 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	5 Beef Patty w/ Mushroom Gravy Red Skinned Potato Broccoli Rice Pudding w/ Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	6 Chicken Pasta Primavera Zucchini w/ tomatoes Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	7 Vegetable Lasagna w/ White sauce Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
10 Ham Salad With Lettuce, Tomato, Onion 100% Whole Wheat Sub roll Watergate Salad Mayo 1% Milk Apple Juice	11 Chili Crackers Brussels sprouts Rice Pudding with Raisins 100% Whole Wheat Bun Promise Margarine 1% Milk Grape Juice	12 Stuffed Shells w/ Sauce Zucchini Mojito Fruit Salad 100% Whole Wheat roll Promise Margarine 1% Milk Orange Juice	13 Hawaiian Chicken/ w/ Hawaiian sauce Sour Cream Potato Seasoned Lima Bean Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	14 Fish Morney w/Morney Sauce Tri Colored Pasta Beets Pears 100% Wheat Bread Promise Margarine 1% Milk Grape Juice
17 Meatball Sub w/ sauce Wax Beans Mandarin Oranges 100% Whole Wheat Hot Dog Bun Promise Margarine 1% Milk Grape Juice	18 Summer chicken w/ Summer sauce Honey Roasted Sweet Potato Cauliflower Mixed Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	19 Tuna Salad w/ cottage Cheese Served on lettuce 4 Bean salad Summer Fruit Citrus Salad 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Orange Juice	20 Lime Pork W/ Sauce Potato Salad Beets Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	21 Macaroni & Cheese Stewed Tomatoes Vanilla Yogurt 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
24 Chicken Salad served on lettuce w/ mayo Marinated Tomatoes & Green Pepper Seedless Grapes 100% Whole Wheat Dinner Roll 1% Milk Grape Juice	25 Sloppy Joe Supreme Carrots Pears 100% Whole Wheat Bun Promise Margarine 1% Milk Orange Juice	26 Peach Glazed Pork w/ peach sauce Mashed Potato 5 Way Vegetable Watermelon 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	27 Beef Stroganoff Spiral Pasta Summer Squash Medley Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	28 White Fish w/dill sauce Brown Rice Season White/Green Beans Coleslaw w/ pineapple Corn Muffin Promise Margarine 1% Milk Orange Juice
31 Egg Salad on shredded lettuce Macaroni Salad Fresh Broccoli Salad Cinnamon Pears 100% Whole Wheat Bun Promise Margarine 1% Milk Orange Juice				

Menu subject to change without notice.

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00. We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

If you are not yet 60, there is a charge of \$8.00 per meal. See your site coordinator.

Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.

- A. Meatloaf with yams and green beans**
- B. Meatballs with mashed potatoes and broccoli**
- C. Grilled chicken with white potatoes and carrots**
- D. Hamburger Patty with rice and mixed vegetables**

