

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf w/ onion Gravy Mashed Sweet Potato Peas Pineapple Tidbits 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	3 Orange Pork w/ Orange sauce Pacific Blend Veg Pound Cake Mixed berries & whipped topping 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	4 Chicken Pasta Primavera Zucchini with Tomatoes Tropical Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	5 Salisbury Steak w/ Mushroom Gravy Red Skinned Potato Broccoli Rice Pudding w/ Raisins 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	6 Vegetable Lasagna w/ white sauce Carrots Peaches 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice
9 Stuffed Shells w/ sauce Zucchini Mojito Fruit salad W/W rolls Promise Margarine 1% Milk Orange Juice	10 Chili Crackers Brussels Sprouts Rice Pudding w/ Raisins 100% Whole Wheat Roll Promise Margarine 1% Milk Grape Juice	11 Ham Salad Served on lettuce Tomato slice Hard boiled egg Carrot Raisin Salad 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Apple Juice	12 Hawaiian Chicken w/ Hawaiian Sauce Sour Cream Potato Seasoned Lima Beans Summer Fruit Citrus Salad 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	13 Fish Mornay w/ Mornay Sauce Tri Colored Rotini Beets Pears 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
16 Meatball Sub w/ sauce Waxed Beans Mandarin Oranges W/W Hot Dog Bun Promise Margarine 1% Milk Grape Juice	17 Summer Chicken w/ Summer sauce Honey Roasted Sweet Potato Cauliflower Mixed Fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	18 Tuna Salad Served on lettuce 3 Bean salad Peaches 100% Whole Wheat Dinner roll Promise Margarine 1% Milk Orange Juice	19 Lime Pork W/ Sauce Potato Salad Beets Applesauce 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	20 Macaroni & Cheese Stewed Tomatoes Vanilla Yogurt w/ fruit 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice
23 Peach Glazed Pork w/ peach sauce Mashed Potato 5 Way Vegetable Seedless Grapes 100% Whole Wheat Bread Promise Margarine 1% Milk Apple Juice	24 Sloppy Joe Supreme Carrots Pears 100% W/W Hamburger Bun Promise Margarine 1% Milk Orange Juice	25 Chicken Salad served on lettuce w/ mayo Swiss Cheese Marinated Tomatoes & Green Pepper Watermelon 100% Whole Wheat Dinner Roll 1% Milk Grape Juice	26 Beef Stroganoff Spiral Pasta Summer Squash Medley Mandarin Oranges 100% Whole Wheat Bread Promise Margarine 1% Milk Grape Juice	27 White Fish w/dill sauce Brown Rice Season White/Green Beans Coleslaw w/ pineapple Corn Muffin Promise Margarine 1% Milk Orange Juice
30 Ham Scalloped Potatoes Peas & Carrots Cantaloupe Cubes 100% Whole Wheat Bread Promise Margarine 1% Milk Orange Juice	31 Stuffed Peppers w/ sauce Rotini Pasta Sicilian Blend Vegetable Fruit cocktail 100% W/W Bread Promise Margarine 1% Milk Apple 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**

