



MON

TUE

WED

THU

FRI

<p>1 4 oz BBQ Pulled Pork 1/2 c Hawaiian Coleslaw 1/2 c Ranch Potatoes 1 Sandwich Roll Cookie</p>	<p>2 Baked Beef Ravioli (6) w/ 1 oz Shredded Cheese 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick Seasonal Fresh Fruit</p>	<p>3 Open-Faced Turkey Sandwich w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Sweet Corn 1 White Bread 1 Cookie</p>	<p>4 Cheeseburger w/ Lettuce & Tomato 1 c Creamy Potato Soup w/ crackers 1 Hamburger Roll Seasonal Fresh Fruit</p>	<p>5 Chicken & Cranberry Salad w/ Dressing (3 oz chicken, .5 oz cheese, 1 t. Cranberry) 1 c. Mixed Greens & Spinach 1/2 c Beets 1 Breadstick 1 Piece of Cake</p>
<p>8 Teriyaki Chicken 1/2 c Vegetable Rice Pilaf 1/2 c Carrots 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>9 Roast Beef w/ Gravy 1/2 c Mashed Potatoes 1/2 c Mixed Veggies 1 White Bread 1/2 c Pudding</p>	<p>10 Sliced Ham w/ Pineapple Sauce 1/2 c Whipped Sweet Potatoes 1/2 c Green Beans 1 Dinner Roll Fresh Orange</p>	<p>11 Orange Glazed Pork Loin 1/2 c Buttered Pasta 1/2 c California Blend 1 Wheat Bread 1/2 c Peach Crisp</p>	<p>12 1/2 c Tuna Salad w/ Lettuce & Tomato 1/2 c Broccoli Salad 1/2 c Coleslaw 2 White Bread Seasonal Fresh Fruit</p>
<p>15 BBQ Ribette 1/2 c Rice 1/2 c Mixed Veggies 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>16 Parmesan Chicken over 1/2 c Lemon Asparagus Pasta 1 c Tossed Salad w/ Tomato 1 Breadstick 1/2 c Mandarin Oranges</p>	<p>17 1 c Stuffed Pepper Casserole 1/2 c Wax Beans 1/2 c Peas & Carrots 1 White Bread 1/2 c Pudding</p>	<p>18 Turkey Chef Salad (2 oz Turkey, 1 oz Cheddar, 1 c Mixed Greens w/ Tomato) 1 c Vegetable Soup w/ Crackers 1 Dinner Roll Cookie</p>	<p>19 4 oz Sloppy Joe Baked Potato 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit</p>
<p>22 Swiss Steak w/ 2 oz Onion Gravy 1/2 c Whipped Potatoes 1/2 c Carrots 1 Wheat Bread 1/2 c Blushed Pears</p>	<p>23 Creamy Vegetable Lasagna .5 oz Shredded Mozzarella 1 c Tossed Salad 1 Garlic Bread 1/2 c Peaches w/ 1/4 c Cottage Cheese</p>	<p>24 Creamy Garlic Chicken Breast 1/2 c Buttered Pasta 1/2 c Spinach 1 Wheat Bread 1/2 c Apple Crisp</p>	<p>25 Baked Lemon Pepper Fish 1/2 c Rice Pilaf 1/2 c California Blend Veggies 1 Dinner Roll Seasonal Fresh Fruit</p> 	<p>26 Baked Meatloaf w/ Gravy 1/2 c Mashed Potatoes 1/2 c Peas 1 White Bread Cookie</p>
<p>29 Creamy Parmesan Pork Chop 1/2 c Diced Redskin Potatoes 1/2 c Green Beans 1 Dinner Roll 1/2 c Pineapple Tidbits Cookie</p>	<p>30 Pasta & Meatballs (4) 1/2 c Pasta w/ Marinara 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2 c Mixed Fruit Salad</p>	<p>All members are eligible to sign up! Must preregister by 7 am the day prior to coming into the center. Sign up on Copilot (“Grab & Go” to get a takeout meal or “Regular Lunch” for congregatate meal) or by leaving a message on the machine at 717.225.0733 ext 105.</p>		

Served Daily: Milk and Margarine. *Menu Subject to