

MON

TUE

WED

THU

FRI

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 congregare meal) or by leaving a message on the machine at 717.225.0733 ext 105.

5
1/2 c Pot Roast w/ Gravy
1/2 c Parsley Potatoes
1/2 c Coin Carrots
1 Italian Bread
1/2 c Peach Crisp

6
Chicken Parmesan
w/ 1 oz Shredded Cheese
1/2 c Rotini w/ Sauce
1 c. Tossed Salad w/ Tomato
1 Garlic Breadstick
1/2 c Mixed Fruit

7
Chicken Taco
w/ Lettuce & Tomato
1/2 c Seasoned Corn &
Black Beans
1/2 c Spanish Rice
Soft Tortilla Shell
1/2 c Pineapple

1
1/2 c Tuna Salad
w/ Lettuce & Tomato
1/2 c. Potato Salad
2 White Bread
Fresh Orange

2
Open-Faced Turkey
Sandwich w/ Gravy
1/2 c Whipped Potatoes w/
Chives
1/2 c Corn
1 White Bread
1 Cookie

8
Salisbury Steak w/ Gravy
Baked Potato w/ Margarine
1/2 c. Green Beans
1 Wheat Bread
1/2 c Gelatin

9
Vegetable Lasagna w/ Sauce
1 c Tossed Salad
1/2 c Peas
1 Italian Bread
Cookie

12
1/2 c Sloppy Joe
1/2c Ranch Roasted Potatoes
1/2c Island Blend Veggies
1 Hamburger Bun
Seasonal Fresh Fruit

13
Chicken Marsala w/
2 oz Mushroom Sauce
1/2 c Blended Rice
1/2 c Carrots
1 Breadstick
1/2 c Applesauce

14
Crab Cake
1/2 c Parmesan Garlic Noodles
1/2 c Peas
1 Wheat Bread
Seasonal Fresh Fruit

15
Turkey Chef Salad
(2 oz Turkey, 1 oz Cheddar,
over 1 c Mixed Greens w/ To-
mato)
1 c Cream of Cauliflower Soup
1 Wheat Bread
1/2 c Fruited Gelatin

16
Baked Pollock
1/2 c Macaroni & Cheese
1/2 c Spinach
1 Wheat Bread
1/2 c Mandarin Oranges

19 Center Closed



20
1 c Cabbage Casserole
w/ 2 oz Sauce
1 c Tossed Salad
1/2 c Carrots
1 White Bread
Seasonal Fresh Fruit

21
Balsamic Glazed Chicken w/
Tomatoes & Mozzarella Cheese
1/2 c Penne Pasta
1/2 c Mixed Vegetables
1 Dinner Roll
1/2 c Fruited Gelatin

22
Philly Cheeseburger
w/ Provolone, Peppers &
Onions
1 c Cream of Potato Soup
1 Sandwich Roll
Fresh Seasonal Fruit

23
Egg Salad Sandwich
w/ Lettuce & Tomato
1/2 c Potato Salad
1/2 c Beets
2 Wheat Bread
1/2 c Sliced Peaches

26
Swedish Meatballs (4)
1/2 c Rice
1/2 c Peas
1 Wheat Bread
1/2 c Apple Crisp

27
Mango BBQ Chicken Breast
1/2 c Brown Rice
1/2 c Carrots
Wheat Bread
Fresh Orange

28
1/2 c Lemon Dijon Pork Loin
1/2 c Buttered Pasta
1/2 c Mixed Veggies
1 Wheat Bread
1/2 c Pineapple Tidbits

29
Cheese Omelet
w/ Ham, Peppers, Onions
1 Sausage Patty
1/2 c Breakfast Potatoes
1 English Muffin w/ Jelly
4 oz. Apple Juice

