




Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>*menu subject to change</i></p>	<p>Make your reservation on Copilot 2 days before you plan to join us (unless indicated otherwise) using the QR code and entering your email address and Copilot barcode letters and numbers as the password *menu subject to change based on availability or call 717-225-0733 ext. 105. See a staff member with questions.</p>			<p>1</p> <p>1c Chili 1/2oz Cheddar Cheese 1c Tossed Salad w/ Tomato Cornbread 1/2c Warm Applesauce</p>
<p>4</p> <p>Baked Fish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit</p>	<p>5</p> <p>Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Italian Bread 1/2c Mixed Fruit Salad</p>	<p>6</p> <p>3oz Pork Loin w/ 2oz Creamy Mushroom Sauce 1/2c Brown Rice 1/2c Spinach Dinner Roll 1/2c Blushed Fruit</p>	<p>7</p> <p>Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1c Tortilla Soup 1/2c Pineapple</p>	<p>8</p> <p>1c Pizza Casserole 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread 1/2c Pudding</p>
<p>11</p> <p>Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Peas 1 Hot Dog Roll 1/2c Pineapple & Mandarin Oranges</p>	<p>12</p> <p>3oz Sliced Turkey w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Coin Carrots 1 Italian Bread 1/2c Peach Crisp</p>	<p>13</p> <p>4oz Chicken Salad Sandwich 1c Cream of Potato Soup 1/2c Pickled Beets Hamburger Bun Fresh Fruit</p>	<p>14</p> <p>Chicken, Spinach & Cranberry Salad w/ Dressing (3oz Chicken) 1c. Mixed Greens & Spinach 1/2c Broccoli Salad 1 Breadstick 1 Piece Cake</p>	<p>15</p> <p>BBQ Pork Ribette 1/2c Buttered Pasta 1/2c Green Beans 1 Sandwich Roll 1/2c Pineapple Delight</p>
<p>18</p> <p>3oz Sliced Ham 1/2c Tri Color Sweet Potatoes 1/2c Peas 1 Dinner Roll 1 Cookie</p>	<p>19</p> <p>3oz Roast Beef w/ 2oz Gravy 1/2c Whipped Potatoes 1/2c Baby Carrots Dinner Roll Cup Cake</p>	<p>20</p> <p>3oz Swiss Steak w/ 2oz Onion Gravy 1/2c Cabbage & Noodles 1/2c Green Beans Wheat Breat 1/2c Pineapple Deligl</p> <p>NEW ITEM</p>	<p>21</p> <p>Chicken Philly Cheesesteak 1c Cream of Spinach Soup 1/2c Coleslaw 1 Hoagie Roll 1/2c Gelatin</p>	<p>22</p> <p>Swedish Meatballs (4) 1/2c White Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Fresh Melon</p> <p>NEW ITEM</p>
<p>25</p> <p>BBQ Chicken Breast 1/2c Country Collard Greens 1/2c Baked Beans 1 Dinner Roll Seasonal Fresh Fruit</p>	<p>26</p> <p>Western Omelet w/ Peppers, Onions, Cheese 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice</p>	<p>27</p> <p>Lasagna w/ Meat Sauce 1c Tossed Salad w/ Dressing 1/2c Carrots 1 White Bread Seasonal Fresh Fruit</p>	<p>28</p> <p>Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1c Cream of Broccoli Soup 1 Dinner Roll 1/2c Fruited Gelatin</p>	<p>29</p> <p>3oz Breaded Pork Cutlet w/ Gravy 1/2c Mashed Potatoes 1/2c Mixed Vegetables Wheat Bread 1/2c Fruit Crisp</p>