

Please sign up or call site directly for reservations 24 hours in advance.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>1 Albondigas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit</p> 	<p>2 Beef Ragu over WW Penne Pasta Spinach Salad with Fruit & Nuts+* Fruit</p>	<p>3 Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit</p>
<p>6 Turkey Sloppy Joe+ on WW Bun Garden Salad* Fruit</p>	<p>7 Beef Stir-Fry w/Broccoli & Cauliflower+ Green Beans Brown Rice Fruit</p>	<p>8 Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit</p>	<p>9 Apricot Glazed Chicken Minestrone Soup Carrots* Brown Rice Fruit +</p> 	<p>10 Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Fruit</p>
<p>13 Sweet & Sour Pork Broccoli+ Carrots* Brown Rice Fruit</p> 	<p>14 Moroccan Chicken Sweet Potatoes+* Carrot & Chickpea Salad* WW Pita Bread Fruit</p>	<p>15 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+</p>	<p>16 Cod w/ Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ Rice Pilaf Fruit</p>	<p>Holiday Meal 17 Glazed Meatloaf Mashed Potatoes & Gravy Carrots* WW Roll, Fruit+ <i>Holiday Dessert: Pudding</i></p> 
<p>20 Vegetable Burrito Bowl+ over Brown Rice Spinach Salad w/Red Onions & Carrots* Fruit</p>	<p>21 Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ Fruit</p>	<p>22 Baked Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Cucumber Salad Coconut Brown Rice Fruit</p>	<p>HOLIDAY 23 HOLIDAY 24</p> 	
<p>27 Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit</p>	<p>28 Baked Cod Melted Leeks in Cream Sauce* Cesar Salad+ WW Roll Fruit</p> 	<p>29 Hearty Beef Stew* Vegetable Medley Salad* Biscuit Fruit+</p>	<p>Holiday Meal 30 Ham <> Collard Greens Sweet Potatoes+* Cornbread Fruit <i>Holiday Dessert: Brownie</i></p> 	<p>HOLIDAY 31</p> 