













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 ✓ = Vegetarian Day</p>			<p>Holiday Meal 1 Hamburger on WW Bun with Lettuce, Tomato, Onion & Pickle Carrot Slaw* Fruit+, Dessert: Jello </p>
<p>HOLIDAY 4 </p>	<p>5 Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>6 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit +</p>	<p>7  Vegetable Stir Fry+* House Salad* Brown Rice Fruit</p>	<p>8 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>
<p>11 Meatball Sub Italian Green Beans Spinach Medley Salad* Fruit+</p>	<p>12 Baked Cod w/Coconut Curry Sauce Cilantro Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf, Fruit</p>	<p>13  Herb Baked Chicken Potato Cabbage Soup Peas & Carrots * WW Roll Fruit+</p>	<p>14 Sweet & Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>	<p>15  Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p>
<p>18 Imitation Crab & Egg Salad over Romaine w/Tomato Hearty Vegetable Soup*+ WW Bread Fruit, Dessert: Cookie</p>	<p>19  Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit</p>	<p>20  Pesto Tortellini Primavera*+ Tomato Soup Garlic bread Fruit</p>	<p>21 BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>	<p>22  Albondigas Entrée Soup +* Tossed Veg Salad* Roasted Corn Tortilla Chips Fruit</p>
<p>25  Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit </p>	<p>26 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom & Orzo Soup WW Crackers Fruit +</p>	<p>27  Ginger Beef Bowl Carrots* Brown Rice Fruit+</p>	<p>28  Spinach & Mushroom Lasagna*+ Vegetable Medley Salad * WW Roll Fruit</p>	<p>29 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Brown Rice Fruit</p>