SENIOR NUTRITION MENU

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SUN	MON	TUES	WED	THURS	FRI	SAT	
						01	
02	03	04	05	06	07	08	
Menus are subject to change.	Oven Fried Chicken Breast Peas Scalloped Potatoes Peaches Wheat Bread 2% Milk	Slamon Red Skin Potatoes Northwest Vegetables Fresh Plum Wheat Bread 2% Milk	Ham Sweet Potatoes Asparagus Applesauce Wheat Bread 2% Milk	Sirloin Steak w/ Gravy Zucchini & Squash Mashed Potatoes Cinnamon Pears Wheat Bread 2% Milk	Beef Stew Broccoli Whipped Potatoes Cherry Cobbler Biscuit 2% Milk		
09	10	11	12	13	14	15	
	Fish Sandwich on Bun Potato Wedges Green Beans Pears 2% Milk	Chili w/ Meat & Beans Baked Potato Hot Peach Crisp Corn Muffin 2% Milk	Mediterranean Smothered Chicken Prince Charles Blend Red Bliss Potatoes Fresh Plum Wheat Bread 2% Milk	Apple Cinnamon Pork Loin Sweet Potatoes Brussels Sprouts Applesauce Wheat Bread 2% Milk	Cheese Ravioli Capri Blend Vegetables Coleslaw Mixed Fruit Wheat Bread 2% Milk		
16	17	18	19	20	21	22	
	No HDM or Congregate Meals - Closed for the Holiday	Egg & Chicken Sausage Sandwich Diced Red Skin Potatoes Broccoli Orange 2% Milk	Potato Crusted Pollock Venetian Blend Baby Baker Potatoes Apple Slices Wheat Bread 2% Milk	Turkey Chop Suey White Rice Stir Fry Vegetables Plums Wheat Roll 2% Milk	Vegetable Lasagna Italian Flat Beans California Blend Peaches Wheat Roll 2% Milk		
23	24	25	26	27	28		
	Salisbury Steak Green Beans Feather River Potatoes Orange Wheat Bread 2% Milk	Navy Bean & Ham Soup Broccoli & Cauliflower Hot Pear Cobbler Cornbread 2% Milk	Pineapple Chicken Rice Stir Fry Vegetables Pineapple Wheat Bread 2% Milk	Cabbage Roll Casserole Corn Peas Banana Wheat Bread 2% Milk	Cheese Quiche Spinach Hashbrown Casserole Orange Juice Whole Grain Muffin 2% Milk		