## SENIOR NUTRITION MENU

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SUN	MON	TUES	WED	THURS	FRI	SAT	
				01	02	03	
				Pineapple Chicken Rice Stir-Fry Vegetables Fresh Apple Slices Wheat Bread 2% Milk	Shepherd's Pie Peas Beets Peaches Wheat Roll 2% Milk		
04	05	06	07	08	09	10	
Menus are subject to change.	Beef & Cheese Burrito Taco Spanish Rice Black Beans & Corn Fresh Apple Slices Salsa & Sour Cream 2% Milk	Apple Cinnamon Pork Loin Sweet Potatoes Asparagus Pears Wheat Bread 2% Milk	Salmon Broiled Potatoes Northwest Vegetables Peaches Wheat Bread 2% Milk	Turkey Rice Casserole Cauliflower Mixed Vegetables Orange Wheat Bread 2% Milk	Beef Sirloin Broccoli Whipped Potatoes Cherry Cobbler Biscuit 2% Milk		
11	12	13	14	15	16	17	
	Lemon Pepper Tilipia Rice Pilaf Normandy Vegetables Tomato Juice Pineapple Wheat Bread 2% Milk	Swiss Steak Baked Potato Carrots Peaches Wheat Bread 2% Milk	Mediterrean Smothered Chicken Red Bliss Potatoes Broccoli Chocolate Pudding Wheat Bread 2% Milk	No Congregate or HDM - Annual Awards Celebration	Vegetable Lasagna Italian Flat Beans 100% Vegetable Juice Hot Blueberry Crisp Wheat Roll 2% Milk		
18	19	20	21	22	23	24	
	Egg & Chicken Sausage Breakfast Sandwich Red Skin Potatoes Broccoli Orange 2% Milk	Potato Crusted Pollock Venetian Vegetable Blend Baby Baker Potatoes Fresh Plum Wheat Bread 2% Milk	Turkey Cutlet w/ Gravy Green Beans Sweet Potatoes Fresh Apple Slices Wheat Bread 2% Milk	Sloppy Joes Peas Potato Wedges Banana 2% Milk	Baked Spaghetti Italian Blend Vegetables Carrots Peaches Wheat Roll 2% Milk		
25	26	27	28	29	30	31	
	No Congregate or HDM Meals - Closed for the Holiday	Hamburger w/ Cheese Tator Tots Peas Apple Slices 2% Milk	Baked Tuna & Noodles Mixed Vegetables Beets Mandarin Oranges Wheat Bread 2% Milk	Chicken Rice Casserole Tossed Salad Green Beans Peaches Wheat Bread 2% Milk	Cheese Ravioli Broccoli Cauliflower Mixed Fruit Wheat Roll 2% Milk		