## SENIOR NUTRITION MENU

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SUN	MON	TUES	WED	THURS	FRI	SAT	
01	02	03	04	05	06	07	
	Chinese Pepper Steak Rice Stir-Fry Vegetables Fresh Plum Wheat Bread 2% Milk	Parmesan Fish Lima Beans Herbed Potatoes Mandarin Oranges Wheat Bread 2% Milk	Ham Mashed Potatoes Green Beans Cherry Pie Wheat Roll 2% Milk	Turkey & Cheese Sub Tomato & Feta Salad Crunchy Pea Salad Strawberries Wheat Bread 2% Milk	Meatloaf Whipped Potatoes Nantucket Vegetables Mixed Fruit Wheat Roll 2% Milk		
08	09	10	11	12	13	14	
Menus are subject to change.	Lemon Pepper Tilipia Succotash Vegetable Blend Red Skin Potatoes Tropical Mixed Fruit Wheat Bread 2% Milk	Taco Salad w/ Meat & Cheese Diced Tomatoes Corn Salad Banana Tortilla Chips & Salsa Sour Cream 2% Milk	Roasted Pork Tenderloin Brown Rice Peas Cabbage Pineapple Slaw Fresh Plum Wheat Bread 2% Milk	Ground Beef Stroganoff Egg Noodles Green Beans Cauliflower Tapioca Pudding Wheat Bread 2% Milk	Macaroni & Cheese Stewed Tomatoes California Blend Pears Wheat Roll 2% Milk		
15	16	17	18	19	20	21	
	Teriyaki Beef Peas Potato Wedges Mandarin Oranges Wheat Bread 2% Milk	Cheese Manicotti Italian Blend Vegetables Cauliflower Mixed Fruit Wheat Roll 2% Milk	FIsh Almandine Corn & Black Bean Fiesta Sweet Potato Puffs Pears Wheat Bread 2% Milk	Chicken Salad on Lettuce Leaf Baby Carrots Red Skin Potatoes Banana Wheat Roll 2% Milk	Swiss Steak Green Beans Mashed Potatoes Peaches Wheat Roll 2% Milk		
22	23	24	25	26	27	28	
	Parmesan Fish Lima Beans w/ Dill Herbed Potatoes Apple Slices Wheat Bread 2% Milk	California Chopped Cobb Salad Raisins Cinnamon Peaches Pita Bread 2% Milk	Salisbury Steak Prince Charles Blend Carrots Rice Pudding Wheat Bread 2% Milk	Herbed Pork Loin Mashed Potatoes Green Beans Applesauce Wheat Roll 2% Milk	Creamed Turkey & Noodles Peas Beets Mixed Fruit Wheat Bread 2% Milk		
29	30						
	Meatloaf Mixed Vegetables Feather River Potatoes Pears Wheat Bread 2% Milk						