SENIOR NUTRITION MENU

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SUN	MON	TUES	WED	THURS	FRI	SAT
		01	02	03	04	05
		Vegetable Lasagna Spinach Carrots Fresh Pear WG Bread 2% Milk	Taco Salad w/ Meat & Cheese Lettuce Diced Tomatoes Black Beans Banana Salsa & Sour Cream Tortilla Chips 2% Milk	Cheeseburger Corn Potato Salad Blueberries & Strawberries 2% Milk	No Congregate Meals Served - Closed for the Holiday	
06	07	08	09	10	11	12
Menus are subject to change.	Whole Grain Breaded Pollock Mashed Potatoes Carrots Fresh Plum WG Bread 2% Milk	Turkey & Cheese Sub Sandwich Broccoli & Cauliflower Salad Potato Salad Orange 2% Milk	Macaroni & Cheese California Blend Stewed Tomatoes Applesauce WG Bread 2% Milk	Tahitian Chicken Rice Key West Vegetables Green Beans Sweet Cherries WG Bread 2% Milk	Goulash Italian Flat Beans Mixed Vegetables Pears Wheat Roll 2% Milk	
13	14	15	16	17	18	19
	Swiss Steak Corn Feather River Potatoes Pears WG Bread 2% Milk	Fish Sandwich Italian Blend Vegetables Sweet Potato Puffs Pineapple Tartar Sauce 2% Milk	Chicken Salad on Lettuce Leaf Raw Baby Carrots Cucumber & Tomato Salad Tropical Fruit Salad WG Bread 2% Milk	Roasted Pork Tenderloin Mashed Potatoes Northwest Vegetable Blend Applesauce WG Bread 2% Milk	Cheese Manicotti Zucchini Squash Peaches WG Bread 2% Milk	
20	21	22	23	24	25	26
	Pizza Casserole California Blend Coleslaw Cinnamon Apple Slices WG Bread 2% Milk	Sweet & Sour Pork Rice Sugar Snapped Peas Stir Fry Vegetables Peaches WG Bread 2% Milk	Salisbury Steak Mashed Potatoes Mixed Vegetables Fresh Plum WG Bread 2% Milk	California Chopped Cobb Salad Raisins Banana Pita Bread 2% Milk	BBQ Chicken Sandwich Green Beans Potato Puffs Mixed Fruit WG Bread 2% Milk	
27	28	29	30	31		
	Creamed Turkey & Noodles Broccoli Beets Fresh Peach WG Bread 2% Milk	French Onion Chicken Bake Red Skin Potatoes Mixed Vegetables Pineapple WG Bread 2% Milk	Tuna Salad Sandwich Crunchy Pea Salad Tomato Wedges Banana WG Bread 2% Milk	Pot Roast Mashed Potatoes Green Beans Strawberries & Blueberries WG Bread 2% Milk		