

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatballs w/gravy (227) Mashed Potato (107) & Peas (68) Peaches (5) Wheat Roll (105) Cal:639/Na:640	2 Apricot Chix (331) Braised Cabbage (49) Butternut Squash (20) Fresh Fruit (2) Oatmeal Bread(130) Cal:612/Na:719	3 Hot Dog (540*) ** Mustard/Relish(55/81) Baked Beans (206) Coleslaw (167) Mandarin Orange(10) Hot Dog Roll (270) Cal:809/Na:1437	4 Lasagna Roll Meat Sauce (383) Broccoli (32) Salad/Dressing(34) Choc Pudding (190) Wheat Roll (105) Cal:750/NA: 910	5 Swt Potato Fish (150) or Meatloaf /Gravy(370) Beans (6) Whip Pot (136) Apple Cake(273) Rye Bread (227) Cal:794/NA:1026 Cal:800/NA:1150
8 Chicken Curry (413) Cauliflower (24) Rice/Cilantro(199) Brownie(175) Dinner Roll (160) Cal:1118/Na:1109	9 Pot Roast (112) Roasted Beets(83) Mashed Potato(107) Orange (0) Oatmeal Bread(130) Cal:593/Na:577	10 Pork Ragout (161) Spinach Salad (77) Penne Pasta (3) Cantaloupe (7) Wheat Bread (115) Cal:879/Na:528	11 <u>Mother's Day Special</u> Stuffed Chicken(538*)** Mixed Squash(11) Au Gratin Pot (142) Straw Short Cake Cal:822/Na:1226	12 Spinach & Cheese Quiche (325) Tomato Soup(148) Home Fries (194) Yogurt & Juice(90) Raisin Bread(105) Cal:684/Na:938
15 Beef Burgundy/ Pearl Onions (361) Peas(68) Noodles (11) Mandarin Oranges 7 Wheat Bread(115) Cal:662/Na:710	16 Cheesy Fish (448) Or Balsamic Chix(60) Vegetable Soup(129) Swt Pot Wedge(187) Jello (64) Bread (130) Cal:789/NA:1218 Cal:692/Na:725	17 Chicken Pot Pie w/Peas & Carrots (135) Red Bliss Potato(68) Cantaloupe (7) Snack & Loaf (115) Cal: 670 Na:467	18 *Stuffed Shells Marinara Sauce(588)** Garlic Spinach(149) Salad /Dressing(328) Brownie (175) White Bread(115) Cal:814/Na:1493	19 BBQ Rib-Q(396) Zucchini (10) Butternut Squash (20) Apple Sauce (19) White Bread (122) Cal:584/Na:703
22 Chicken Marsala (379) Carrots (65) Penne Pasta (20) Orange (0) Scali Bread (129) Cal:680/Na:731	23 Sweet & Sour Meatballs (243) Asian Veggies(27) Jasmine Rice (4) Pineapple (1) WG Roll (210) Cal:723/Na:623	24 Roast Beef w/ Onion Gravy(168) Red Cabbage (99) Cheddar Potato(136) Sugar Cookie(112) Roll (170) Cal:830/Na:835	25 Breaded Fish(220) BBQ Pulled Pork(405) Coleslaw (167) Mac & Cheese (142) Peaches (5) Bread (130) Cal:823/Na: 982 Cal:905/Na:874	26 Chix Tender(81) Honey Mustard(87) Zucchini & Pep (10) Potato Leek Soup (68) Jello (64) Wheat Bread(115) Cal:565/Na:618
29 Honey Pork w/Rosemary(73) Caesar Salad (320) Au Gratin Pot(142) Fresh Fruit (1) Snack & Loaf(239) Cal:866/Na:947	30 Chicken & Winter Vegetable Au jus Sauce (249) Rice Blend (148) Pudding (250) Wheat Bread(115) Cal:704/Na:899	31 Meatball Sub Marinara Sauce(384) Seasoned Kale (47) Swt Pot. Wedge(187) Chilled Peaches(5) Sub Roll (320) Cal:755/Na:1050	6/1 Roast Turkey /Gravy (456) Whip Squash (24) Peas (68) Brownie (175) Wheat Bread (115) Cal: 687/Na:976	6/2 Fish Florentine (285) Rstd Chicken(139) Corn (1) Red Bliss Pot.(5) Fruit(7)Bread(130) Cal:627/Na:565 Cal:466/NA:419

Menu Subject to Change Without Notice

Sodium values listed in Parentheses Sodium in milk (100 mg), Margarine (30 mg), Tarter Sauce (97mg) & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.

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