



**Senior Wellness and Nutrition Program
Menu**

Reservations and cancellations must be made 24 hours in advance to the Site Manager


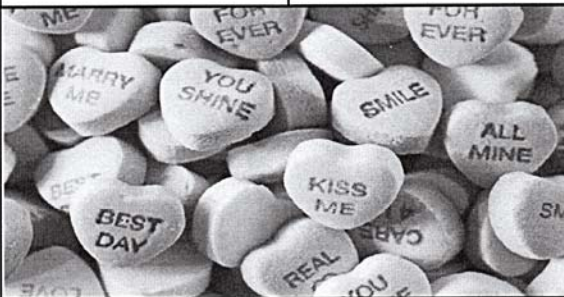
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Gary LeVox of Rascal Flatt's Favorite Joke</p> <p><i>John is out with his friends and stops by his grandmother's house for a visit. There's a bowl of peanuts on the coffee table, and John and his friends start snacking on them. When they're ready to leave, his friends say, "Nice to meet you, ma'am, and thank you for the peanuts." Grandma says, "You're welcome. Ever since I lost my dentures, all I can do is suck the chocolate off of them."</i></p>		1	<p>Country Fried Steak</p> <p>Mashed Potatoes Spinach 12 Grain Bread Applesauce</p>	2	<p>Scampi Fish</p> <p>Tater Tots Coleslaw Grape Juice Wheat Roll Peanut Butter Cookie</p>				
5	<p>Stuffed Cabbage Rolls</p> <p>Mashed Potatoes Green Beans 12 Grain Bread Tropical Fruit</p>	6	<p>Chili Cornbread Chuckwagon Corn Fruit Cocktail</p>	7	<p>Creamy Noodles & Ham</p> <p>Mixed Vegetables Rye Bread Mandarin Oranges</p>	8	<p>Sliced Roast Turkey w/Gravy</p> <p>Mashed Potatoes w/Gravy Hubbard Squash Grape Juice Butterscotch Pudding</p>	9	<p>Tuna Noodle Casserole</p> <p>Peas Dinner Roll Banana</p>
12	<p>Breaded Chicken Drumsticks</p> <p>Mashed Potatoes w/Gravy Green Beans Italian Bread Apricots</p>	13	<p>Beef Stew over Biscuit</p> <p>Carrots Fruit Punch Apple Pie</p>	14	<p>Macaroni & Cheese</p> <p>Stewed Tomatoes Wheat Bread Peaches</p>	15	<p>Sweet & Sour Pork over Rice</p> <p>Oriental Blend Vegetables Rye Bread Pineapple Tidbits</p>	16	<p>Breaded Fish Sandwich</p> <p>Potato Wedges Coleslaw Blushing Pears</p>
19	<p><i>Holiday</i></p> 	20	<p>Vegetable Lasagna</p> <p>Capri Blend Vegetables Cranberry Juice 12 Grain Bread Pears</p>	21	<p>Scalloped Potatoes w/Ham</p> <p>Mixed Vegetables Dinner Roll Fruit Cocktail</p>	22	<p>Meatloaf w/ Ketchup</p> <p>Mashed Potatoes Garlic Roasted Brussel Sprouts Wheat Bread Cinnamon Applesauce</p>	23	<p>Cheddar Baked Fish</p> <p>Baked Potato w/ Sour Cream Corn Roll Tropical Fruit</p>
26	<p>Grilled Chicken Sandwich</p> <p>Tater Tots California Blend Vegetables Pineapple</p>	27	<p>Western Omelet w/ Peppers & Onions</p> <p>Home Fries Orange Juice Blueberry Muffin</p>	28	<p>Beef Stroganoff</p> <p>Prince Edward Vegetables 12 Grain Bread Mandarin Oranges</p>				

All meals are served with 1/2 pint milk and margarine.

Menus are subject to change without notification.

ATTENTION:

Meals on Wheels Participants - Please call if you will NOT be home for your meal delivery.