

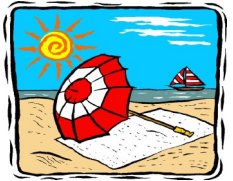





Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Salmon Patty, Brussels Sprouts, Buttered Noodles, Wheat Bread, Red Delicious Apple, Lemon Wedge <b>Cal 708</b>	<b>2</b> Roast Beef w/ gravy, Brown Rice Pilaf, Carrots & Cauliflower, Multi-grain Bread, Orange <b>Cal 638</b>	<b>3</b> Chicken Breast w/ Orange Glaze, Gourmet Potatoes, Green Beans & Almonds, Boston Crème Roll <b>Cal 790</b>	<b>4</b> Ground Beef Meatloaf w/Thin Gravy, Garlic Whipped Potatoes, Peas, Wheat Bread, Red Delicious Apple <b>Cal 733</b>	<b>5</b> Chicken Patty w/ Mozzarella Cheese & Marinara Sauce, Broccoli, Dinner Roll, Banana <b>Cal 641</b>	<b>6</b> 
<b>7</b> 	<b>8</b> Swiss Steak w/ Tomatoes & Onions & Thin Gravy, Scalloped Potatoes, Vegetable Medley, Rye Bread, Peaches <b>Cal 629</b>	<b>9</b> Pork Loin w/ Teriyaki Sauce, Brown Rice Pilaf, Broccoli Florets, Multi-Grain Bread, Pineapple Tidbits <b>Cal 669</b>	<b>10</b> Roast Beef w/ Gravy, Confetti Couscous, Steamed Cabbage, Wheat Bread, Yellow Delicious Apple <b>Cal 673</b>	<b>11</b> Chicken Breast w/Mushroom Gravy, Brussels Sprouts, Yams w/ Margarine & Brown Sugar, Bread, Orange <b>Cal 613</b>	<b>12</b> Ground Beef Stuffed Pepper, Whipped Potatoes, Yellow Beans, Wheat Bread Individual Jelly Roll <b>Cal 679</b>	<b>13</b>
<b>14</b>	<b>15</b> Pork Loin w/ Gravy, Whipped Potatoes, Corn, Red Pepper, Lima Beans & Celery, Dinner Roll, Pineapple <b>Cal 729</b>	<b>16</b> Tuna Casserole w/Peas, Beets, Rye Bread, Orange <b>Cal 610</b>	<b>17</b> Ground Beef Porcupine Meatballs in Sauce, Noodles, Broccoli Florets, Honey Wheat Bread, Apple <b>Cal 725</b>	<b>18</b> Pepper Steak w/ Onion & Pepper Sauce, Savory Potatoes, Chopped Cooked Spinach, Wheat Bread, Pears <b>Cal 651</b>	<b>19</b> Herb Baked Chicken Breast w/ Thin Gravy, Stuffing, Green Beans, Banana, Cranberry Sauce, Graham Crackers <b>Cal 640</b>	<b>20</b> 
<b>21</b> 	<b>22</b> Turkey w/Thin Gravy, Yams w/ Brown Sugar & Margarine, Brussels Sprouts, Honey Wheat Bread, Fuji Apple <b>Cal 615</b>	<b>23</b> Low Sodium BBQ Lean Beef, Haulski, Orange Gazed Carrot Coins, Wheat Bun, Fruit Cocktail <b>Cal 669</b>	<b>24</b> Boneless Pork Loin w/ Dijon Sauce, Lemon Potatoes, Broccoli Florets, Rye Bread, Applesauce <b>Cal 652</b>	<b>25</b> Springs w/Beef Meatballs & Sauce, Italian Green Beans, Italian Bread, Banana <b>Cal 700</b>	<b>26</b> Chicken Breast w/ Lemon Cream Sauce, Gourmet Potatoes, Peas w/ Pearl Onions, Honey Wheat Bread, Orange <b>Cal 663</b>	<b>27</b>
<b>28</b>	<b>29</b> Cowboy Hamburger w/Sauteed Onions & Mushrooms, Low Sodium Baked Beans, Sandwich Bun, Orange <b>Cal 741</b>	<b>30</b> Creole Beef w/ Barley in Tomato Onion Sauce, Broccoli & Cauliflower Florets, Italian Bread, Peaches <b>Cal 644</b>	<b>31</b> Ground Beef Cabbage Roll, Whipped Potatoes, Carrot Coins w/ Parsley, Whole Wheat Bread, Fruit Cocktail <b>Cal 641</b>	