



| Sun           | Mon   | Tue  | Wed   | Thu  | Fri   | Sat           |
|---------------|---|--|---|--|---|---------------|
|               |   |  |   |  |   | <b>1</b><br>  |
| <b>2</b>      | <b>3</b> Fajita Chicken, Mixed Vegetables, Brown Rice w/Black Beans, Dinner Roll, Pineapple<br><b>Cal 625</b>                           | <b>4</b> Roast Beef w/Gravy, Savory Potatoes, Cooked Spinach, Whole Wheat Bread, Gala Apple<br><b>Cal 695</b>  | <b>5</b> Ground Beef Porcupine Meatballs, Noodles, Green Beans, Honey Wheat Bread, Orange<br><b>Cal 614</b>                               | <b>6</b> Herb Baked Chicken w/Gravy, Yams w/Brown Sugar & Margarine, Brussels Sprouts, Bread, Fruit Cocktail, Cookie<br><b>Cal 688</b> | <b>7</b> Cheese Baked Ziti w/Marinara Sauce, Cooked Broccoli, Multi-Grain Dinner Roll, Banana<br><b>Cal 631</b>         | <b>8</b>      |
| <b>9</b><br>  | <b>10</b> Beef Hamburger w/Bun, Baked Beans, Carrots, Tangerine<br><b>Cal 752</b>   | <b>11</b> BBQ Beef w/Wheat Bun, Whipped Potatoes, Cauliflower, Fruit Cocktail<br><b>Cal 621</b>                | <b>12</b> Boneless Pork Loin w/Thin Gravy, Lemon Potatoes, Broccoli Florets, Rye Bread, Applesauce<br><b>Cal</b>                          | <b>13</b> Chicken breast w/Piccata Sauce, Gourmet Potatoes, Peas, Wheat Bread, Red Delicious Apple<br><b>Cal 712</b>                   | <b>14</b> Cod w/Dill Sauce, Yams, Stewed Tomatoes, Multi-Grain Bread, Sliced Peaches, Graham Crackers<br><b>Cal 655</b> | <b>15</b><br> |
| <b>16</b>     | <b>17</b> Chicken w/Thin Gravy, Bread Stuffing, Roasted Potatoes, Broccoli & Cauliflower Florets, Apricots<br><b>Cal 653</b>            | <b>18</b> Swiss Steak w/Tomato-Onion Sauce, Brussels Sprouts, Barley, Pears<br><b>Cal 686</b>                  | <b>19</b> Ground Beef Cabbage Roll, Whipped Potatoes, Mixed Veggies, Bread, Golden Delicious Apple<br><b>Cal 663</b>                      | <b>20</b> Coney Island Beef Hot Dog w/Chili on Bun, Mexican Medley, Tangerine<br><b>Cal 667</b>  | <b>21</b> Cheese Lasagna, Spinach, Whole Wheat Dinner Roll, Banana<br><b>Cal 693</b>                                    | <b>22</b><br> |
| <b>23</b><br> | <b>24</b> Open Face Ground Beef Meatloaf Sandwich w/Thin Gravy, Scalloped Potatoes, Carrots, Bread, Pineapple Tidbits<br><b>Cal 669</b> | <b>25</b> Pork Dijon w/Sauce, Whipped Potatoes, Stewed Tomatoes w/Zucchini, Bread, Pear Cuts<br><b>Cal 681</b> | <b>26 Birthday Menu</b><br>Ground Beef Italian Meatballs w/Marinara, Cubed Butternut Squash, Yellow Beans, Bun, Brownie<br><b>Cal 670</b> | <b>27</b> Lemon Pepper Cod, Macaroni & Cheese, Sliced Beets, Rye Bread, Orange<br><b>Cal 607</b>                                       | <b>28</b> Creole Chicken w/Sauce, Cauliflower, Brown Rice, Wheat Bread, Banana<br><b>Cal 655</b>                        | <b>29</b><br> |
| <b>30</b>     |   |  |   |  |   |               |