

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet n Sour Meatballs Rice Peas Fruit	3 Spaghetti w/ Meat Sauce Zucchini Garlic stick Fruit	4 Roast Chicken Baked Beans Mixed Veggie Fruit	5 Beef Taco w/ Fixins Red beans Fruit	6 Italian Sandwich Pasta Salad Fruit Cookie Bar
9 BBQ Chicken Breast Au Gratin Potatoes Mix Veggie Fruit	10 Tater Tot Casserole Peas & Carrots Roll Fruit	11  Chicken Fried Steak Potato & Gravy Green Beans Fruit Birthday Cake	12 Hearty Potato Soup Ham Sandwich Fruit cup Pudding	13 Chicken strips Fries Broccoli Salad Brownie
16 Beef patty w/ Potato & Gravy Diced Carrots Fruit	17 Chicken Egg Roll Fried rice Veggie Medley Fruit	18 Honey Garlic Chicken Roasted Potato Broccoli Fruit	19 Lasagna Casserole Green Beans Garlic Stick Fruit	20 Pulled Pork Baked Beans Cole Slaw Roll Fruit
23 Chicken Fried Chicken w/ Potato & Country Gravy Mixed Veggie Fruit	24 Beef Stir Fry w/ Noodles Spring roll Fruit Crisp	25 Chicken Enchilada Casserole Green Beans Cornbread Fruit	26 Cheesy Ham Bake Potato Veggie Blend Roll Fruit	27 Chicken Salad Sandwich Chips Tomato & Cucumber Salad Fruit
30 Grilled Sausage w/ Peppers & Onions Rice w/ Mixed Veggie Fruit	31 Hot Turkey Sandwich w/ Potato & Gravy Carrots Fruit			

Lunch Served 11:30 a.m. – 12:30 p.m. Meals and Wheels Delivered as Scheduled
Substitutions may be necessary due to shipping shortages, weather, other issues etc.

Age 60 and over: \$3.00 Suggested Donation (under age 60: \$6.00)