

REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
Pot roast with carrots, onions, and potatoes Green beans Whole wheat roll Apple cobbler Beverage	Baked chicken with mushroom gravy Collard greens Roasted rosemary potatoes Banana pudding Beverage	Penne pasta with Bolognese sauce Sautéed squash Broccoli Fresh fruit Beverage	Chili with beef Roasted carrots Cornbread Peach crisp Beverage	Chicken fricassee 6 Italian green beans Macaroni and cheese Fresh fruit Beverage
9 Chicken and broccoli rice casserole Sliced carrots Tossed salad with dressing Baked apples Beverage	Swedish meatballs 10 Mashed potatoes Vegetable medley Berry cobbler Beverage	Smothered pork patty 11 Green beans with peppers Collard greens Brown rice Diced peaches Beverage	Chicken fingers with honey mustard sauce Sweet potato wedges Green beans Fresh fruit Beverage	Grilled chicken breast Cucumber salad Whole wheat bread Lettuce, tomato, mayo Cookie Beverage
Chicken tetrazzini Baby carrots Snap green beans Brownie Beverage	Cheeseburger with lettuce and tomato Tator tots Vegetable medley Pudding Beverage	Baked chicken with rosemary gravy English peas and carrots Rice Peach cobbler Beverage	Chicken tetrazzini 19 Baby carrots Green beans Garlic bread Fruit cup Beverage	The Grey's Chicken Roti 20 Jasmine rice Indian peas and potatoes Mini pita bread Mango custard Beverage
Lemon pepper fish 23 Vegetable medley Okra and tomatoes Grits Pudding Beverage	Barbeque pork cutlet 24 Mashed potatoes Green bean almondine Spiced pears Beverage	Chicken salad on bed of lettuce and tomato Carrot-raisin salad Crackers Berry vanilla custard Beverage	Beef & broccoli stir-fry Sliced sweet carrots Yellow rice Apple cobbler Beverage	Salisbury steak w/gravy 27 Squash casserole Scalloped potatoes Fresh fruit Beverage
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*Menu subject to market availability