


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beverage choice: Milk, soy milk, juice, or bottled water. Menu subject to change.		1 Turkey & Gravy Mashed Potatoes Broccoli	2 Beef Burgundy Mashed Potatoes Green Beans	3 Mandarin Chicken over Brown Rice Asian Blend Vegetables Peas	4 BBQ Pork Riblet Mashed Potatoes Spinach	5 Teriyaki Chicken over Brown Rice Peas Creamed Corn
6 Beef Stew Potatoes Mixed Vegetables	7 Roast Beef & Gravy Baked Potato Turnip Greens	8 BBQ Pork Riblet Baked Beans Creamed Spinach	9 Turkey Enchilada Casserole Pinto Beans Mexi-Corn	10 Chicken Chow Mein over Brown Rice Green Peas and Corn	11 Beef Enchilada Mexi-Corn Poached Pears	12 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto beans
13 Scrambled Eggs with Ham Hashed Brown Potatoes Baked Beans	14 Glazed Turkey Ham Mashed Potatoes Green Beans	15 Pepper Steak in Gravy Country Style Hashed Browns Zucchini	16 Chicken Fajitas Brown Rice Mexi-Corn	17 Beef Stew Potatoes Mixed Vegetables	18 Curried Chicken Strips Brown Rice Mixed Vegetables Cauliflower	19 Beef Burgundy Mashed Potatoes Green Beans
20 Chicken Ranchero over Spanish Rice Mixed Vegetables Pinto Beans	21 Beef Steak and Onion Gravy over Brown Rice Broccoli Ital. Mixed Veggie	22 Chicken Chow Mein over Brown Rice Green Beans Corn	23 Glazed Turkey Ham Mashed Potatoes Green Beans	24 Beef Steak and Onion Gravy over Brown Rice Broccoli Ital. Mixed Veggie	25 Turkey & Gravy Sweet Potatoes Scandinavian Vegetables	26 BBQ Pork Riblet Baked Beans Creamed Spinach
27 Beef & Cheese Enchilada Mexi-corn Poached Peaches	28 Chicken Fajitas Brown Rice Mexi-Corn	29 Pepper Steak in Gravy Country Style Hashed Browns Zucchini	30 Mandarin Chicken over Brown Rice Asian Blend Veg Peas	31 Beef Burgundy Mashed Potatoes Green Beans		