

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Salmon Fillet Tartar Sauce Quinoa with Green Onions and Mushrooms Spinach Cook's Choice LS Soup Tropical Fruit / Milk	3 Italian Herbed Chicken Low Sodium Gravy Brown Rice Pilaf Steam Carrots Pineapple Coleslaw Peach Cup Milk	4 Beef Stroganoff Whole Grain Pasta Brussels Sprouts Green Salad with Shredded Carrots Mandarin Oranges Milk	5 Pork Chile Verde with Homemade Tomatillo and Chiles Pasillas Sauce Corn Tortilla Spanish Rice Coleslaw Fresh Fruit / Milk	6 Grilled Shrimp Pasta Whole Grain Pasta Garlic Bread Asparagus  Romaine Salad with 2tbsp. Red Bell Peppers / Apple / Milk
9 Chicken Alfredo Pasta Whole Grain Pasta Carrots with Thyme Green Salad with Seasonal Vegetables Tropical Fruit Cup Milk	10 Seasoned Fish Tilapia Steamed Brown Rice Spinach with Onions Bell Peppers and Onion Pineapple Coleslaw Fresh Fruit Milk	11 Beef Lasagna Whole Grain Bread Steamed Broccoli LS Vegetable Soup Fresh Fruit Milk	12 Cook's Choice Chicken Whole Grain Roll Green Beans Garlic Mashed Potato LS Lentil Soup Jell-O with Mandarin Oranges / Milk	13 Vegetarian Pizza  Zucchini, Mushroom Tomato, Bell Peppers, Red Onion in Entrée Green Salad with carrots and one Hard Boiled Egg Orange / Milk 
16  Closed	17 Jambalaya Chicken and Sausage Corn Bread / Brown Rice Bell Peppers in Entrée Diced Carrots Mardi Gras Coleslaw Fruit / Milk 	18 Baked Chicken LS Gravy/ Whole Grain Roll San Francisco Blend Mashed Potato LS Corn Chowder Soup Tropical Fruit Cup Milk	19 BBQ Pulled Pork Sandwich Whole Grain Bun Whole Kernel Corn Homemade Potato Salad Orange Milk	20 Parmesan Tilapia Tartar Sauce Quinoa with Green Onions Carrots with Thyme  Spinach Salad With Cranberries Mandarin Oranges / Milk
23 Philly Cheesesteak Whole Grain Bread Bell Peppers and Onions in Entrée Baked Potato Fries LS Hearty Vegetable Soup Mandarin Orange / Milk	24 Homemade Chicken Enchilada Corn Tortilla Whole Beans Green Salad with Broccoli Banana / Milk	25 Beef Meatball Soup Whole Grain Bread Carrots, Corn, Peas, Onion And Celery in Entrée Cesar Romaine Salad with Tomato Orange / Milk	26 Baked Salmon Fillet Tartar Sauce Quinoa Steamed Cauliflower LS Lentil Soup with Diced Carrots Fresh Fruit /Milk	27 Chile Relleno Tomato Sauce with Diced Bell Peppers Corn Tortilla Spanish Rice Pinto Beans Tropical Fruit / Milk
	Reminder: 1. First come, First Serve. 2. We don't make reservations (NO EXCEPTIONS) 3. You shouldn't save a spot for someone else. 4. You shouldn't sign-in for someone else. 5. Respect staff and volunteers.		Suggested Contribution rate per meal: \$5.00 (60 and over) A Meal Card \$50.00 (12 meals) Guest Fee: \$9.00 (under 60)	No eligible individual shall be Denied participation because of failure or Inability to contribute"

All meals include fruit and milk



VEGETARIAN



HIGH SALT (more than
1,000 mg of sodium)

Menu subject to change.

Each meal has ~750 to 900 mg of sodium.

Suggested contributions for participants age 60+ is \$5 per meal.



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