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<p align="center"></p>	<p align="center"><b>Suggested Contribution rate per meal: \$3.00 (60 and over) A Meal Card \$30.00 (11 meals ) Guest Fee: \$8.00</b></p>	<p><b>1</b> Chicken Teriyaki  Vegetable Chow Mein (Onion, Celery &amp; Cabbage) Steamed Broccoli Green Salad &amp; carrots Gelatin With Mandarin Oranges / Milk</p>	<p><b>2</b> Meat Loaf &amp; LS Gravy Whole Grain Bread Herb Steamed Carrots Diced Bell Peppers, Celery, Onions in Entrée Baked Potato Banana / Milk</p>	<p><b>3</b> Tuna Salad Plate Whole Grain Bread Onion, Celery in Entrée Potato Fries LS Vegetable Soup Fresh Fruit Milk</p>
<p><b>6</b> Meatball Soup Whole Grain Roll Zucchini, Carrots, Celery, Corn and Onion in Entrée Romaine Salad and Cherry Tomatoes Fresh fruit / Milk</p>	<p><b>7</b> Italian Herbed Chicken LS Gravy on the side Brown Rice Pilaf Steamed Carrots Broccoli Raisin Salad Mandarin Oranges Milk</p>	<p><b>8</b> Beef Stroganoff with Mushrooms in Entrée Whole Grain Noodles Brussels Sprouts LS Vegetable Soup Orange Milk</p> <p align="center"></p>	<p><b>9</b> BBQ Pulled Pork Sandwich Whole Grain Bun Corn Kernels Fresh Potato Salad Cantaloupe Milk</p>	<p><b>10</b> Baked Salmon Fillet Tartar Sauce on the side Seasoned Quinoa Roasted Asparagus Cook Choice LS Vegetable Soup Peach Cup / Milk</p>
<p><b>13</b> Chicken Alfredo Whole Grain Pasta Garden Blend Vegetables LS Cream of Broccoli Soup Pineapple Chunks Milk</p>	<p><b>14</b> Roast Beef with LS Gravy on the side Whole Grain Roll Mixed Vegetables Baked Potato &amp; Sour Cream Fresh Orange Milk</p>	<p><b>15</b> Beef and Cheese Lasagna Whole Grain Bread Steamed Broccoli Romaine Salad with Seasonal Vegetables Banana / Milk</p>	<p><b>16</b> Baked Turkey LS Gravy / Cranberry Sauce Whole Grain Roll Mashed Potato Green Beans Jell-O in Peaches Milk</p>	<p><b>17</b> Corned Beef Mustard Sauce Whole Grain Roll Cabbage &amp; Carrots Red Potatoes Green Apple Milk</p> <p align="center"></p>
<p><b>20</b> Shrimp Stir Fry Brown Rice Steamed Broccoli Red &amp; Green Bell Pepper, Onions in Entrée LS Vegetable Soup Fresh Fruit / Milk</p> <p align="right"></p>	<p><b>21</b> Homemade Beef Stew Whole Grain Roll Diced Carrots, Peas, Red Potatoes &amp; Onions in Stew Broccoli Raisin Salad Fresh Fruit in Season Milk</p>	<p><b>22</b> Roasted Chicken Drumsticks Steamed Brown Rice San Francisco Blend Vegetable LS Corn Chowder Soup Tropical Fruit / Milk</p>	<p><b>23</b> Baked Salmon Fillet Tartar Sauce on the side Seasoned Quinoa Steamed Cauliflower &amp; Carrots Sautéed Onion and Green Bell Peppers / Fruit / Milk</p>	<p><b>24</b> Chile Relleno Spanish Rice Pinto Beans Romaine Green Salad with Carrots Mandarin Oranges Milk</p> <p align="right"></p>
<p><b>27</b> Philly Cheese Steak Sandwich / Whole Grain Bun/ Sautéed Onion and Green Bell Peppers Potato Wedges LS Hearty Vegetable Soup Banana / Milk</p>	<p><b>28</b> Homemade Chicken Enchiladas Salsa / Sour Cream Corn Tortilla Whole Black Beans Tossed Salad with Broccoli Apple / Milk</p>	<p><b>29</b> Parmesan Baked Tilapia Tartar Sauce on the side Seasoned Quinoa Carrots with Thyme Spinach Salad with dried Cranberries Tropical Fruit / Milk</p>	<p><b>30</b> Pork Chile Verde Steamed Brown Rice Pinto Beans Romaine Salad with Shredded carrots Orange Milk</p>	<p align="center"><b>31 SENIOR CENTER CLOSED</b></p> <p align="center"></p>