100 psil**2024				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Salisbury Steak	Lemon Pepper	Beef Cabbage	Chicken Tetrazzini	Turkey Ham &
Delmonico	Chicken	Casserole	Whole Kernel Corn	White Beans
Potatoes	Green Peas	Lima Beans	Green Beans	Steamed Rice
Summer Vegetable	Okra & Tomatoes	Sliced Carrots	Dinner Roll	Country
Blend	Wheat Bread	Wheat Bread	Fresh Fruir	Vegetable Blend
Dinner Roll	Fruit Cup	Fresh Fruit		Dinner Roll
Fruit Cup	-			Fresh Fruit
8	9	10	11	12
Cheesy Meat	BBQ Rib Patty	Smothered	Chicken Noodle	Hamburger Patty
Casserole	Whipped	Meatballs	Casserole	Baked Pinto
Green Beans	Potatoes	Parslied Rice	Mixed Vegetables	Beans
Glazed Carrots	Garden	Green Peas	Brussels Sprouts	Sliced Tomato
Dinner Roll	Vegetable Blend	Wheat Bread	Dinner Roll	Lettuce
Fruit Cup	Dinner Roll	Fresh Fruit	Fresh Fruit	Hamburger Bun
	Fruit Cup			Mixed Fuit Cup
15	16	17	18	19
Meatloaf/Tomato	Garlic Rosemary	Savory Beef	Sweet & Sour	Swedish
Gravy	Chicken	Casserole	Chicken	Meatballs
Garlic Whipped	Mixed Beans	Green Peas	Fried Rice	Rotini Noodles
Potatoes	Parslied Carrots	California	Vegetable Blend	Tuscany
Herbed Green	Dinner Roll	Vegetable Blend	Dinner Roll	Vegetable Blend
Beans	Fruit Cup	Wheat Bread	Fresh Fruit	Dinner Roll
Dinner Roll		Fresh Fruit		Fresh Fruit
Fruit Cup				
22	23	24	25	26
Italian Mac	Pork Sausage	Swiss Steak	Chicken & Rice	Taco Meat
Baby Lima Beans	Kidney Beans	Parslied Whipped	Casserole	Pinto Beans
Dilled Carrots	Collard Greens	Potatoes	French Green	Mexican Rice
Dinner Roll	Hot Dog Bun	Spring Vegetable	Beans	Lettuce/Tomato/
Fruit Cup	Fruit Cup	Blend	Whole Kernel Corn	Cheese
		Wheat Bread	Wheat Bread	Flour Tortilla
••	20	Fresh Fruit	Fresh Fruit	Fresh Fruit
29	30		Low Fat	
Salisbury	Lemon Pepper		Milk	
Steak/Gravy	Chicken		Available	
Delmonico	Green Peas			
Potatoes	Okra & Tomatoes		With Each	
Summer Vegetable	Wheat Bread		Meal	
Blend Dinner Roll	Fruit Cup			
Fruit Cup				

Menu Approved by: Registered Dietitian Dana Gardner and may be subject to change.