

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Salad Croissant 4oz Pineapple 4oz Green beans WG Croissant 3oz Tuna	2 Shepards Pie 4oz Appleslices 2oz Peas and Carrots WG Roll 3oz Ground Beef 4oz Mashed Potatoes	3 Roast Beef 4oz Pears 4oz Mixed Vegetables 4oz Rice With Beans 3oz Roast Beef	4 Chicken Nuggets 4oz Mandarin Orange 4oz Cauliflower 4oz Mac and Cheese 3oz Chicken Nuggets	5 Italian Hoagie 4oz Fresh Apple 4 oz Red Beets WG Hoagie 1oz Ham, Salami and Cheese Slice <i>*Lettuce & Tomato</i>
8 Salisbury Steak 4oz Mixed Fruit 4oz Broccoli WG Roll 3oz Beef Patty w Ls Gravy 4oz Mashed Potatoes	9 Chicken Curry Casserole 4oz Pineapple Chunks 4oz Stir Fry Vegetables* 4oz Brown Rice 3oz Diced Chicken celery & carrots	10 Sloppy Joe Sandwich 4oz Fresh Seasonal Fruit 4oz Potato Salad WG Bun 3oz Ground Turkey & Sauce	11 Beef with Mushroom Sauce 4oz Pears 4oz Mixed Vegetables 4oz WG Rice 3oz Beef & Sauce* <i>Mushrooms*</i>	12 Chicken Parmesan 4oz Fresh Orange 4oz Carrots 4oz WG Pasta 3oz Chicken Breast & Cheese*
15 Montreal Chicken & Rice 4oz Fresh Seasonal Fruit 4oz Peas and Carrots 4oz Rice Pilaf 3oz Diced chicken	16 Turkey Burger 4oz Tropical Fruit 4oz Lettuce and Tomato WW Bun 3oz Turkey Burger	17 BBQ Ribs 4oz Pears 4oz Winter Blend WG Corn Bread 3oz BBQ Pork Ribs 4oz Mashed Potatoes	18 Lasagna Roll w Meat Sauce 4oz Fresh Orange 4oz Steamed Broccoli Lasagna Roll w Cheese 3oz Ground Meat in Sauce WG Roll	19 Chicken Fajita 4oz Mixed Fruit 4oz Corn WG 6" Tortilla 3oz Fajita Chicken w/Cheese <i>Sauteed Peppers and Onions</i>
22 Homestyle Meat Loaf 4oz Clementine 4oz Green Beans 2 WG Bread w/ Margarine 3oz Meatloaf 4oz Mashed Potatoes	23 BBQ Chicken 4oz Seasonal Fresh Fruit 4oz California blend 4oz Brown Rice 3oz Chicken	24 Philly Cheesesteak 4oz Pear 4oz Coleslaw Hoagie Roll 3oz Beef Steak Slices & Cheese* <i>Mushrooms, Pepps & Onion*</i>	25 Spaghetti w Meat Sauce 4oz Fresh Orange 4oz Steamed Broccoli 4oz WG Spaghetti 3oz Ground Beef & Sauce Garlic Bread	26 Cheeseburger 4oz Appleslices 4oz Lettuce and Tomato Slice WG Bun 3oz Hamburger & Cheese 4oz Baked Wedge Fries
29 Chicken Tenders 4oz Fresh Seasonal Fruit 4oz Green Beans 4oz WG Macaroni & Cheese 3oz Chicken Tenders	30 Glazed Ham Slice 4oz Mixed Fruit 4oz Steamed Vegetables WG Bread w/Margarine 3oz Ham w/ Pineapple 4oz Mashed Potatoes		To Skip or cancel Your meal please The Center at (610) 374-3195 Ext. 201	

*1% milk served with every meal

NOTE: Items may be substituted based on availability and lunch menu