

Mon	Tue	Wed	Thu	Fri
<p>① Chicken fried steak Mashed pot 4 oz w/Cream  gravy Mixed vegetables 4 oz Peaches 4 oz Roll                      milk</p>	<p>2 Sliced turkey 3 oz on a Bun w/sandwich set up Cuke &amp; onion salad 4 oz Strawberries 4 oz Oatmeal crispie (ALL COLD)                      milk</p>	<p>③ Ham hash 8 oz Green beans 4 oz Watermelon slice Gelatin with fruit 4 oz Wheat bread                      milk</p>	<p>4 Cowboy beans 6 oz Combination salad 4 oz Salad dressing Cantaloupe slice Roll                      milk</p>	<p>5 Tuna &amp; pasta salad 6 oz Tomato salad 4 oz Banana Bread pudding with Lemon sauce (ALL COLD) Garlic bread                      milk</p>
<p>⑧ Pork &amp; noodle cass. 8 oz German mixed veg. 4 oz Pineapple 4 oz Easy fruit (apple) crisp 4 oz Roll                      milk</p>	<p>9 Creamy chix &amp; veggie cas- serole 8 oz Combination salad 4 oz Salad dressing Honey dew slice Bread                      milk</p>	<p>10 Taco salad (lettuce, toma- to, cheese, chips) Salsa Mexican rice 4 oz Strawberries 4 oz Cinnamon roll                      milk</p>	<p>11 Oven fried chicken Potato salad 4 oz Broccoli 4 oz Pears 4 oz Wacky cake Wheat roll                      milk</p>	<p>⑫ Cheesey mac chili 8 oz Green beans 4 oz Cole slaw 4 oz Peaches 4 oz Cornbread                      milk</p>
<p>⑮ Chicken and cheese cas- serole 8 oz Broccoli 4 oz Mixed fruit 4 oz Garlic bread                      milk</p>	<p>16 Meatloaf Baked potato/margarine Peas salad 4 oz Pineapple 4 oz Roll                      milk</p>	<p>⑰ Scalloped potatoes with ham 8 oz Mixed vegetables 4 oz Cantaloupe slice Gelatin w/fruit 4 oz Wheat bread                      milk</p>	<p>18 Turkey salad 3 oz on a Bun Sliced tomatoes 4 oz Pickled beets 4 oz Mandarin oranges 4 oz Oatmeal cake (ALL COLD)                      milk</p>	<p>⑲ Diver &amp; onions in gravy OR Beef cutlet in gravy Mashed potatoes/gravy Bean medley salad 4 oz Pears 4 oz Roll                      milk</p>
<p>⑳ Pork patty on a Biscuit with Cream gravy Potatoes o'brien 4 oz Parslied carrots 4 oz Blueberries 4 oz     milk</p>	<p>23 Oven fried fish with Tar- tar sauce Potato salad 4 oz Mixed vegetables 4 oz Apricots 4 oz Roll                      milk</p>	<p>⑳ Beef cutlet with Spanish sauce Baked potato/margarine Green beans 4 oz Pears 4 oz Roll                      milk</p>	<p>㉕ Easy beef stroganoff 8 oz Peas 4 oz Strawberries 4 oz Sugar cookie Roll                      milk</p>	<p>㉖ Chicken &amp; rice cass.8 oz Broccoli 4 oz Peaches 4 oz Mixed fruit crisp Garlic bread                      milk</p>
<p>㉙ Cranberry meatball 3 oz Baked potato/margarine Broccoli 4 oz Pears 4 oz Bread                      milk</p>	<p>30 Chicken pot pie 8 oz ( Biscuit) Cabbage salad 4 oz Peaches 4 oz Gelatin with fruit 4 oz     milk</p>	<p>⑳ Taco burger 3 oz on a Bun (lettuce, tomato, cheese) Confetti rice 4 oz Refried beans 4 oz Watermelon slice                      milk</p>	<p>BirthDay Day - 11th Choice Day - 19th Circled Days - meals that freeze well</p>	<p>Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher</p>