MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Please be advised that our food may come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.  Please advise staff of allergen prior to meal service.							1	Continental Breakfast	
4		5	Green Pepper Day 1/2 Juice 3oz (1) Grd Beef Stuffed Pepper 1/2c Capri Vegetables 1 sl 100 % Wh Wheat Brd 1 Cookie	6		7	Fisherman's Catch 3 oz (1) Battered Fish on (1) Wheat Hamburger Bun / 1 Tartar Sauce 1/2 c Sweet Pot Fries/ (1) Ketch ½ c Mixed Vegetables 1 Fresh Fruit	8	Continental Breakfast	
11		12	3 oz Spanish Style Stewed Chicken Leg w/ 1/2c Potatoes 1/2c Mixed Vegs 1 sl Wheat Bread 1 Fresh Fruit	13		14	3 oz (1) Ricotta-Stuffed Shell w/ Marinara Sauce 1/2c Chuckwagon Vegetables 1 Bread Stick 1 Fresh Fruit	15	Continental Breakfast	
18		19	8 oz MILD Vegetarian Bean Chili 1/2c Gr & Yellow Wax Beans (1) Cornbread 1 Fresh Fruit	20		21	3oz ( 3 ) Grande Cheese Raviolis w/ Marinara Sce ( 1 ) Parmesan Cheese 1/2c California Vegetables 1 Garlic Knot 1 Fresh Fruit	22	Continental Breakfast	
25		26	3 oz Seafarer's Seafood Salad on a (1) Hot Dog Bun / 1/2c Potato Wedges / (1) Ketchup 1/2c Prince Edward Vegs 1 Fresh Fruit	27		28	1/2c Juice 3 oz (1) Beef Stuffed Cabbage 1/2c Baby Potatoes 1/2c Carrots 1 Dinner Roll 1 Cookie	29	Continental Breakfast	

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.