

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		2011-12 <sup>1</sup> Cheeseburgers Potato Wedges Tomato, Lettuce Pickles & Onion Melon Medley	2011-13 <sup>2</sup> Chicken Fried Steak Mashed Potatoes w/ Gravy Okra, Corn Pumpkin Square	2011-25 <sup>3</sup> Oven Fried Chicken Bow Tie Pasta Broccoli Raisin Salad Fruit
CDH WK 6 DAY 5 <sup>6</sup> Pollock Wedge w/Lemon Coleslaw W/ Raisins Lima Beans Cornbread Lemon Cookie	CDH WK 6 DAY 1 <sup>7</sup> Polish Sausage Sweet & Sour Red Cabbage German Potato Salad Wheat Roll Black Forest Parfait	CDH WK 6 DAY 2 <sup>8</sup> King Ranch Chicken Pinto Beans Tortilla Pineapple Rings Sugar Cookies	CDH WK 6 DAY 3 <sup>9</sup> Smothered Steak Mashed Potatoes Mixed Greens WW Roll Peach Short Cake	CDH WK 6 DAY 4 <sup>10</sup> BBQ Chicken Smothered Potatoes Carrot Salad Wheat Roll Sliced Apples
BEK WK 2 DAY 5 <sup>13</sup> Charbroiled Chicken on a Bun Tomato, Lettuce, Onion Sweet Potato Fries Bananas & Fruit	BEK WK 2 DAY 1 <sup>14</sup> Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Fresh Fruit	BEK WK 2 DAY 4 <sup>15</sup> Battered Cod Wedge Buttered Rice Lemon Broccoli WW Roll Snickerdoodle	BEK WK 2 DAY 3 <sup>16</sup> Chicken Salad on Lettuce Chunky Fruit Wheat Bread Tomato, Onion & Pickles Chocolate Chip Cookie	BEK WK 2 DAY 1 <sup>17</sup> Chicken Enchiladas Spanish Rice / Salsa Pinto Beans w/ Crackers Cinnamon Pears
2011-35 <sup>20</sup> Spaghetti & Meatballs Spinach Salad Garlic Bread Honey Dew Melon	CDH 1-11 <sup>21</sup> Chicken Tenders w/ Gravy Garlic Mashed Potatoes Turnip Greens WW Roll Mandarin Oranges	CDH 2011- 36 <sup>22</sup> Taco Salad w/ Corn Chips Seasoned Corn Watermelon Peach Crisp	CDH 4-12 <sup>23</sup> Chicken a la King w/ Rice Spinach Mushroom Salad California Blend Vegetables Wheat Roll Berry Cobbler	BEK 2016 7-1 <sup>24</sup> Italian Chicken Herbed Red Potatoes Italian Green Beans Breadstick Cheesecake
CDH 2016-4 <sup>27</sup> Pork & Vegetable Eggrolls w/Sweet & Sour Sauce Vegetable Rice, Broccoli Sliced Peaches	CDH 3-12 <sup>28</sup> Tacos w/ Salad Topping Pinto Beans Chuckwagon Corn Peanut Butter Cup	2011-15 <sup>29</sup> Teriyaki Chicken Rice w/ Sugar Snap Peas Stir Fry Vegetables Wheat Roll Strawberries & Bananas	BEK 2016-12 <sup>30</sup> Baked Potato w/ Chili & Cheese Broccoli Cinnamon Apples	CDH 2-11 <sup>31</sup> Pork Chops Black-Eyed Peas Spinach Salad Cornbread Baked Apples

Please call the Senior Center at 495-4311 by 10 am on the days you want to come for lunch.

Recommended Donation: Seniors 60 and over \$3.00 Guests under 60 \$6.00