



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DOORS OPEN AT 10:30AM

Senior lunch is available for \$5.00 for anyone 50-years or older, and \$12.00 for anyone under 50-years who is accompanying a senior. Serving starts promptly at 11:15AM.

TECH CONNECT

On the fourth Monday of every month, our tech support group will be onsite during lunch to answer questions and provide help with your phones, laptops or tablets

1
Baked Fried Chicken
Vegetable
Mashed Potatoes
Salad/Roll
Fruit

2
Sweet & Sour
Meatballs
Vegetable
Brown Rice
Salad/Roll
Fruit

3
Curried Shrimp
Pasta
Vegetable
Salad/Roll
Fruit



6
BBQ Chicken
Vegetable
Sweet Potato
Fries
Salad/Roll
Fruit



7
Pepperoni Pizza
Chicken Wings
Salad/Roll
Fruit



8
Chicken Fajitas w/
Tortilla
Vegetable
Rice
Salad/Roll
Fruit



9 Birthday Lunch
Meatloaf w/ gravy
Vegetable
Baked Potato
Salad/Roll
Dessert

10
Tilapia
Vegetable
Farro
Salad/Roll
Fruit

13
Chicken Rolled
Tacos
Vegetable
Mexican Rice
Salad/Roll

14
Beef Stroganoff
Pasta
Vegetable
Salad/Roll
Fruit

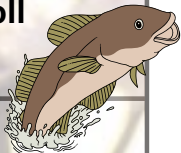


15
Tomato Basil
Bisque Soup
Black Beans
Grilled Cheese
Sandwich
Salad/Roll/Fruit ▲

16
Orange Chicken
Vegetable
Barley
Salad/Roll
Fruit



17
Baked Cod w/
Garlic & Lemon
Vegetable
Sweet Potato
Salad/Roll
Fruit



20
Beef Lasagna
Vegetable
Salad/Garlic Bread
Fruit



21
Chicken Pot Pie
Vegetable
Salad/Roll
Fruit

22
Swedish Meatballs
Vegetable
Brown Rice
Salad/Roll
Fruit



23
Chicken Soft Taco
Vegetable
Mexican Rice
Salad/Roll
Fruit

24
Fish Veracruz
Vegetable
Farro
Salad/Roll
Fruit

27
Salisbury Steak
Vegetable
Mashed Potatoes
Salad/Roll
Fruit

TECH CONNECT

28
Chicken Noodle Soup
Vegetable
Cheese Quesadilla
Salad/Roll
Fruit



29
Black Forest Ham
Vegetable
Sweet Potato
Salad/Roll
Fruit



30
Sloppy Joe on Bun
Vegetable
Salad/Roll
Fruit

NEED HELP?

Every Thursday at lunch, one of our Referral and Support Advocates will be on-hand to provide referrals, resources, and help for navigating various issues important to older adults