



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.

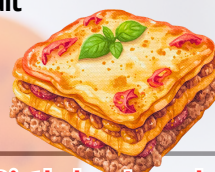
TECH CONNECT

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
Meat Loaf w/gravy
Vegetable
Mashed Potatoes
Salad/Roll
Fruit



2
Beef Lasagna
Vegetable
Salad/Garlic Bread
Fruit



3 **CLOSED**



6
Honey Mustard
Chicken
Vegetable
Barley
Salad/Roll
Fruit

7
Turkey Stuffed
Bell Pepper
Vegetable
Farro
Salad/Roll
Fruit

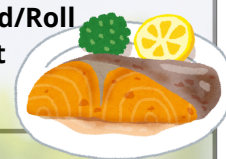


8
Pesto Bruschetta
Chicken
Vegetables
Baked Potato
Salad/Garlic Bread
Dessert

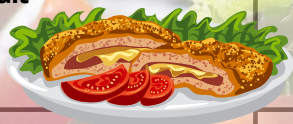
9 **Birthday Lunch**
Black Forest Ham
Vegetable
Baked Potato
Salad/Roll
Fruit



10
Baked Cod w/
Garlic & Lemon
Vegetable
Farro
Salad/Roll
Fruit



13
Chicken Cordon Bleu
Vegetable
Barley
Salad/Roll
Fruit



14
Beef Fajita on Rice
Vegetables
Salad/Roll
Fruit

15
Chicken Fettuccine
Alfredo
Vegetable
Sweet Potato
Salad/Garlic Bread
Fruit



16
Pork Loin
Vegetable
Mashed Potatoes
Salad/Roll
Fruit

17
Fish Veracruz
Vegetable
Barley
Salad/Roll
Fruit



20
Vegetable Lasagna
Vegetable
Salad/Garlic Bread
Fruit



21
Beef Stew
Vegetable
Baked Potato
Salad/Roll
Fruit



22
Beef Tips w/ gravy
Vegetable
Mashed Potatoes
Salad/Roll
Fruit

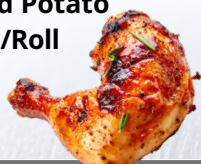


23
Chicken Salad in
Pita
Vegetables
Potato Chips
Salad/Roll
Fruit

24
Tilapia
Vegetable
Farro
Salad/Roll
Fruit

27 TECH CONNECT

Baked Chicken
Vegetable
Baked Potato
Salad/Roll
Fruit



28
Potato Crunchy Taco
w/ Pico De Gallo
Black Beans
Mexican Rice
Salad/Roll
Fruit

29
Teriyaki Beef
Vegetable
Rice
Salad/Roll
Fruit



30
Mexican Style
Scrambled Eggs
Potatoes
Sausage
Salad/Roll
Fruit



31
Crab Cake
Vegetable
Farro
Salad/Roll
Fruit