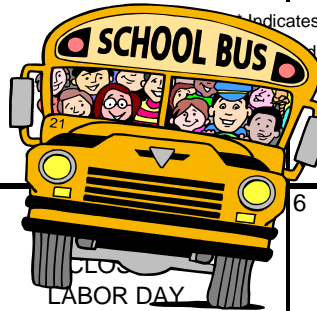



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		<p><small>Indicates menus or menu item that are high in Sodium. To reduce the Sodium to 1000 mg or less, choose the entrée choice or ask for a small portion of the high sodium item indicated.</small></p>		1 Roast Beef Mashed Potatoes & Gravy Beets Cinnamon Apple Slices	2 Baked Pork Chop Or Chicken Pattie Boiled Potatoes & Gravy Broccoli Fresh Orange	3
4		5	6 Chicken Fried Steak Or Chicken Pattie Parsley Potatoes Cream Gravy Spinach Apricots	7 Chicken Broccoli Cass. * Or Pork Fritter/ Bun Kidney Bean Salad Peach Crisp	8 BBQ Chicken / Bun Or Hamburger/ Bun Potato salad Green Beans Citrus Sections 	9 Roast Pork Or Baked Chicken Brst. Bread Dressing* Mashed Potatoes & Gravy Peas Cinnamon Apple Slices
11	12 Baked Chicken Breast or Pork Fritter Sweet Potatoes Peas Peaches Trail Mix	13 COOK'S CHOICE MENU	14 Baked Pork Chop Or Hamburger Steak Parsley Potatoes California Blend Veg. Pears	15 Beef Stroganoff Or Chicken Pattie Buttered Noodles Seasoned Tomatoes Gelatin Cubes w/ topping	16 Roast Turkey Mashed Potatoes & Gravy Corn Mandarin Oranges Pumpkin Bar	17
18	19 Liver & Onions Or Hamburger Steak Baked Potato w/ sr. cr. Mixed Vegetables Fruit Cocktail	20 Pork Cutlet in Gravy Or Bnless Chicken Brst. Mashed Potatoes & Gravy Pea Salad Apricots	21 Hot Beef Sandwich Mashed Potatoes & Gravy Broccoli Strawberry Shortcake	22 SPECIAL EVENT MENU	23 Breaded Fish/ Bun Or Baked Ham * Scalloped Potatoes Carrots Mandarin Oranges	24
25	26 Parmesan Chicken Brst.* or Chicken Fried Steak Rice Pilaf Marinated Veg. Salad Pears	27 Salisbury Steak * Or Baked Chicken Brst. Mashed Potatoes & Gravy Peas Citrus Sections Oatmeal Raisin Cookie	28 Meatloaf Or Baked Fish Baked Potato w/ sr. cr. Beets Banana Split Dessert	29 Goulash Or Tavern/ bun Coleslaw Garlic Bread Trail Mix Orange Juice	30 Pork Fritter/ Bun Or Hamburger/ Bun Tri Tator Wedge Squash Rosy Applesauce	

Wheat Bread, Margarine, and a choice of Skim, 1%, or 2% Milk is served everyday.

Contributions accepted from persons age 60 or over and their spouse of any age. Cost for persons under 60 is \$ 5.50 - \$5.75

The suggested contribuion range is \$2.75 - \$5.50 for Congregate meals and \$3.25 - \$5.75 range for Home Delivered Meals.

We Appreciate Your Contribution for Our Meals ! What You Give Is A Personal Decision.