
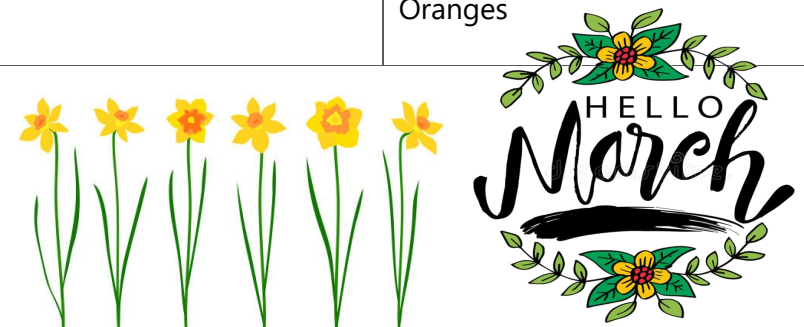


Friendly Meals Grab & Go Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oven Fried Chicken Red Mashed Potatoes with Sour Cream Capri Blend Vegetables Sliced Pears	2 Turkey Divan with Cheddar Mashed Potatoes Beets with Orange Sauce Grapes	3 Diced Beef with Potatoes Burgundy Wine Sauce Broccoli Florets Fruit	4 Thin Sliced Pork with White Sauce Mashed Red Potatoes Green Beans Apple Crisp with Cream	5 BBQ Chicken Breast O'Brien Red Potatoes Spinach Pumpkin Bar with Raisins
8 Four Cheese Rollette with Marinara Sauce Garden Peas & Carrots Fruited Jell-O with Cream	9 Mild Mexican Chili Rice Pilaf Broccoli Normandy Peaches	10 Stuffed Chicken with Gravy Mashed Red Potatoes French Green Beans Sugar Cookie	11 Beef & Cheddar Burger Baked Beans Sliced Carrots with Parsley Clementine	12 Sweet-n-Sour Meatballs Broccoli Florets Spanish Rice with Vegetables Applesauce
15 Minestrone Bean Soup Crackers Winter Mixed Vegetables Apricots	16 Bacon & Onion Quiche Green, Wax & Black Bean Medley Pineapple Tidbits	17 <i>Happy St. Patrick's Day!</i> Beef Round Boiled Potatoes Cabbage & Carrots in Beef Stock Leprechaun Cake with Frosting 	18 Chicken Parmesan Linguine with Sauce Brussels Sprouts Fruit Cocktail	19 Pork Chop with Sauce Home Fries Diced Beets Iced Pumpkin Cake
22 Vegetable Chow Mein Brown Rice Pilaf Oriental Vegetables Chow Mein Noodles Tapioca Pudding with Mandarin Oranges	23 Cavatappi with Ham & Cheese Mixed Vegetables Beets Pineapple Tidbits	24 Roast Turkey with Cranberry Apple Gravy Mashed Potatoes Carrots Pumpkin Custard	25 Roast Pork with Sauce Mashed Potatoes Peas & Onions Oatmeal Raisin Cookies	26 Cheese Tortellini with Marinara & Mozzarella Cheese Sliced Carrots Green Beans Oranges
29 Spinach & Cheddar Pie with Zucchini & Summer Squash Home Fries Bahama Blend Vegetables Applesauce & Cinnamon	30 Chicken Breast with Peppers, Onions & Mushrooms Maple Baked Beans Broccoli Florets Ricotta Cheese Bar with Craisins & Dates	31 Turkey Burger with Vegetables Gravy Mashed Potatoes Brussels Sprouts White Chocolate Craisin Bars		

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.