

Monday	Tuesday	Wednesday	Thursday	Friday
Salisbury Steak Mashed Potatoes Peas Coleslaw Strawberry Parfait	Garlic Herb Chicken Rice Pilaf Carrot Spinach Salad Cherry Cobbler	Lasagna Italian Flat Cut Beans Garlic Bread Caesar Salad Banana Pudding	Chicken Tenders Scalloped Potatoes Garden Vegetables Spring Mix Salad Spice Cake	Baked Fish Macaroni & Cheese Scandinavian Vegetables Green Salad Pound Cake/Toppings
Vegetable Soup Turkey Sandwich Baked Chips Garden Salad Chocolate Cake	Chili Baked Potato Mixed Vegetables Green Salad Ambrosia	Pineapple Chicken Over Rice Egg Roll California Vegetables Spring Mix Salad Apple Dump Cake	Cheeseburger/Toppings French Fries Peas & Carrots Cole Slaw Fresh Baked Cookie	Chicken & Dumplings Green Beans Beets Cornbread Garden Salad Banana Pudding
Meatloaf Au Gratin Potatoes Scandinavian Vegetable Spinach Salad Apple Pie	Tomato Basil Soup Grilled Cheese Sandwich Baked Potato Chips Green Salad Brownie	Chicken Fried Steak Mashed Potatoes/ Gravy Corn Garden Salad Fresh Baked Cookie	Smothered Chicken Rice Pilaf Carrot Cascade Green Salad Gingerbread	Sloppy Joe Baked Chips Mixed Vegetables Coleslaw Ambrosia
Swiss Chicken Roasted Potatoes Corn Green Salad Banana Pudding	Soft Taco Spanish Rice Pinto Beans Garden Salad Peach Cobbler	Lemon Pepper Chicken Mashed Potatoes Carrot Cascade Spinach Salad Pound Cake w/Toppings	Swedish Meatballs Rice Pilaf California Vegetables Tossed Salad Fresh Baked Cookie	BBQ Chicken Macaroni & Cheese Green Beans Cole Slaw Pistachio Fluff
Baked Fish Scalloped Potatoes Mixed Vegetables Cole Slaw Lemon Cake	<p>All meals served with Iced Tea or Lemonade and Fresh Baked Bread unless otherwise indicated. For NCS Diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets- Table salt is not available</p> <p><i>January 2022</i></p>			

Menus approved by: Julie Pan MS,RD

Date: 12/3/2021