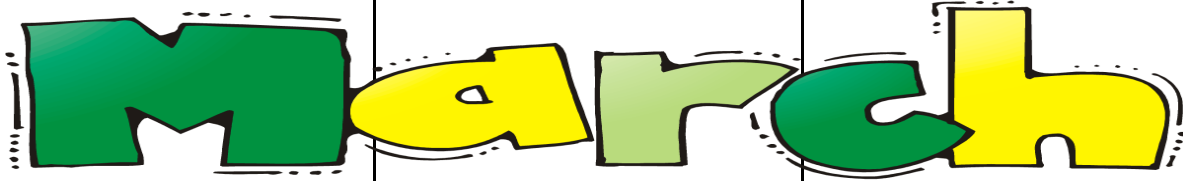


All meals include milk.

**THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> BBQ Pork on Bun Macaroni & Cheese Cooked carrots Coleslaw Fruit	<b>4</b> Meatloaf Scalloped Potatoes Green Beans Whole Wheat Roll Salad w/ Tomatoes Applesauce TC	<b>5</b> Open-Faced Turkey Sandwich w/ Gravy Baby Baker Potatoes Mixed Vegetables Fruit	<b>6</b> Chili w/ Beans Grilled Cheese Sandwich Spinach Wheat crackers Fruit Dessert	<b>7</b> Chicken Pot Pie Wheat Egg Noodles Broccoli Biscuit Yogurt Fruit	
<b>10</b> Broccoli Cheddar Soup Peanut Butter Sandwich Kale Baked Apples Cookie	<b>11</b> Cheese Pizza Italian Veggies Salad w/ Diced Ham Cottage Cheese Fruit Cocktail	<b>12</b> Salisbury Steak w/ Gravy Mashed Potatoes Peas Whole Wheat Roll Fruit	<b>13</b> Salmon Cake Black Beans & brown Rice Stewed Tomatoes Coleslaw Fruit	<b>14</b> Lasagna w/ Meat Sauce Garlic Wheat Bread Green Beans Salad Greens w/ Beets Pudding	
<b>17</b> Pork Chops w/ Gravy Cabbage & Potatoes Cooked Carrots Whole Wheat Roll Fruit Ice Cream	<b>18</b> Tuna Salad Sandwich Potato Salad Cherry Tomatoes Fruit Yogurt	<b>19</b> Meatballs w/ Sauce Boiled Potatoes Broccoli Wheat Bread Fruit Juice	<b>20</b> Chicken Noodle Soup w/ Veg. Chicken Salad Sandwich Salad Greens w/ Beets Fruit Dessert	<b>21</b> Cheeseburger w/ lettuce & tomato Potato Wedges Baked Beans Pears	
<b>24</b> Chili Dog w/ Bun Tater Tots Coleslaw Cottage Cheese w/ Fruit Chips	<b>25</b> Beef Stew w/ Vegetables Grilled Cheese Sandwich Carrot & Celery Sticks w/ Dip Fruit Crisp Wheat Crackers	<b>26</b> Taco Salad w/ Chili, Cheese, Refried Beans, Mexican Corn, Brown Rice, Cornbread Tortilla Chips Fruit	<b>27</b> Honey Mustard Chicken Parsley Potatoes California Blend Vegetables Jell-O w/ Fruit Biscuit	<b>28</b> Philly Cheesesteak Sub w/ Peppers & Onions Sweet Potato Fries Corn Cherry Tomatoes Banana	
<b>31</b> Chicken Sandwich w/ lettuce & tomato Macaroni Salad Mixed vegetables Fruit, Dessert				<b>NOTE:</b> Please call the Romney Senior Center for any home delivered meal questions or concerns	
If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open. If schools are dismissing early, we will be closed. You will be provided a frozen meal for the days we are closed.					<b>MENU IS SUBJECT TO CHANGE</b>