

FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>DF & HF Beef Broccoli Stir Fry with Mixed Vegetables and Brown Rice</p>	<p style="text-align: right;">3</p> <p>DF & HF Grilled Pollock Salsa and Green Bell Pepper, Corn, Capri Blend Vegetables</p>	<p style="text-align: right;">4</p> <p>HOLIDAY—Closed</p>	<p style="text-align: right;">5</p> <p>DF & HF Pork Verde Black Beans and Corn Mixed Vegetables</p>	<p style="text-align: right;">6</p> <p>DF & HF Salisbury Chicken Peppers, Spinach Salsa</p>
<p style="text-align: right;">9</p> <p>DF & HF Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables</p>	<p style="text-align: right;">10</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus, Corn, Green Bell Pepper</p>	<p style="text-align: right;">11</p> <p>DF & HF Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach</p>	<p style="text-align: right;">12</p> <p>DF & HF Quinoa Black Beans Tofu</p>	<p style="text-align: right;">13</p> <p>DF & HF Chicken Picatta Brown Rice Brussel Sprouts</p>
<p style="text-align: right;">16</p> <p>DF & HF Beef and Black Bean Sauce Snow Peas Brown Rice</p>	<p style="text-align: right;">17</p> <p>DF & HF Salisbury Chicken Peppers, Spinach Salsa</p>	<p style="text-align: right;">18</p> <p>DF & HF Thai Beef Bowl With Steamed Brown Rice Asian Blend Vegetables</p>	<p style="text-align: right;">19</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus, Corn, Green Bell Pepper</p>	<p style="text-align: right;">20</p> <p>DF & HF Salmon Curry And Vegetable Bowl Asian Blend Vegetables</p>
<p style="text-align: right;">23</p> <p>DF & HF Turkey Tacos Spanish Rice Corn</p>	<p style="text-align: right;">24</p> <p>DF & HF Grilled Pork Tenderloin with Mustard Sauce and Grilled Vegetables</p>	<p style="text-align: right;">25</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables and Brown Rice</p>	<p style="text-align: right;">26</p> <p>DF & HF Grilled Chicken Cous Cous Mixed Vegetables</p>	<p style="text-align: right;">27</p> <p>DF & HF Baked Fish & Lemon Dill Sauce Potatoes and Broccoli</p>
<p style="text-align: right;">30</p> <p>DF & HF Tofu & Quinoa Black Beans</p>	<p style="text-align: right;">31</p> <p>DF & HF Chicken Cacciatore Rotini Pasta Italian Blend Vegetables</p>		<p><i>Menu is subject to change without notice. All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>	<p><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>