

RT # _____

Name _____ Initials _____ # Meals _____

Address _____ Apt # _____ Phone _____

City _____ Name of Apt./Housing Complex _____

Milk Yes No

Rolls Yes No

How many	#	Code	Entrée
	1	★	Pork patty, new potatoes, gravy, spinach, cinnamon applesauce
	2	♥	Baked ham, pineapple, yams, green peas
	3	♥	Baked beans & turkey franks, dinner blend vegetables, tropical fruit
	4		Macaroni & cheese, chopped broccoli, apple crisp
	5	★ ♥	Chicken casserole, green peas, carrots, tropical fruit
	6	♥	Home style chicken with gravy, mashed potatoes, carrots
	7	♥	Roast turkey, gravy, dressing, cranberry sauce, squash
	8	★ ♥	Beef lasagna, green beans, mandarin oranges
	9		Salisbury steak, gravy, mashed potatoes, carrots
	10	★ ♥	Beef hash, stewed tomatoes & zucchini, pears & prunes
	11		Country fried steak, mashed potatoes, peas
	12	★ ♥	Meatloaf, gravy, scalloped potatoes, scandinavian vegetables
	13	★ ♥	Braised beef tips, vegetable gravy, fiesta rice, spinach
	14	★	Spaghetti & meatballs, green beans, fruit cocktail
	15	♥	Beef stew, mashed potatoes, peach crisp
	16	★	Swedish meatballs, gravy, noodles, broccoli, carrots
	17	★	Mushroom omelet, hashbrown potatoes, broccoli
	18	♥	Seafood fettuccini, green peas, fruit cocktail
	19	★ ♥	Baked fish with tomato sauce, roasted red potatoes, spinach
	20		Chicken patty, mashed potatoes, carrots
	21		Chicken cacciatore with pasta and red sauce, green beans, peach crisp
	22		Egg sandwich with sausage on english muffin, broccoli
	23	★ ♥	Broccoli cheese fish, rice with peas and carrots, lemon dessert
	24		Broccoli tortellini alfredo, peas, carrots, fruit cocktail
	25		Chicken cordon bleu with ham and cheese, rice, green peas
	26	♥	Chicken pot pie with biscuit, green peas, diced carrots
	27	♥	Teriyaki chicken breast on rice, oriental vegetables
	28		Sweet and sour meatballs, rice, oriental vegetables
	29	★ ♥	Chili topped potato, broccoli, pear halves
	30	♥	Dijon chicken with mushrooms, rice, winter mix vegetables, diced peach crisp
	31	♥	Cheese enchilada, black beans, rice, mixed vegetables
	32		Mexican pasta skillet, cheddar cheese, peas, apple crisp

Breakfast

Juice with breakfast only

	1	★	Cheese omelet, pancakes, pears		Orange
	2	★	Scrambled eggs and ham, pancakes, applesauce		Prune
	3	★	French toast, scrambled eggs, peaches		Tomato
	4	★	Breakfast burrito, hash browns, fruit cocktail		Pineapple
	5		Biscuit w/ sausage gravy, scrambled egg, peaches		Apple

Codes ★ = Sodium modified (less than 1,000 milligrams) ♥ = Low fat (less than 30%) and low cholesterol (less than 100 milligrams)

Name _____ # of Meals _____ x \$2.50 = _____

Suggested donation is \$2.50 per meal. Any donation made is greatly appreciated!



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