

RT # _____

Name _____ Initials _____ # Meals _____

Address _____ Apt # _____ Phone _____

City _____ Name of Apt./Housing Complex _____

Milk Yes No

Rolls White Whole wheat

| 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 | ♥ | Fried chicken with gravy, mashed potatoes, capri mix vegetables |
| | 7 | ♥ | Roast turkey, gravy, dressing, cranberry sauce, squash |
| | 8 | ★ ♥ | Italian veal & beef patty, marinara sauce, noodles, winter mix vegetables |
| | 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 |
| | 20 | | Chicken patty, mashed potatoes, capri mix vegetables |
| | 21 | ★ ♥ | Beef lasagna, green beans, mandarin oranges |
| | 22 | | Egg sandwich with sausage on english muffin, winter mix vegetables |
| | 23 | ★ ♥ | Broccoli cheese fish, rice with peas and carrots, cherry crisp |
| | 24 | ♥ | Cheese manicotti with sauce, spinach, lemon dessert |
| | 25 | ♥ | Stuffed green pepper, carrots, pineapple |
| | 26 | ♥ | Chicken pot pie with biscuit, green peas, diced carrots |
| | 27 | ♥ | Teriyaki chicken breast on rice, caribbean vegetables |
| | 28 | | Sweet and sour meatballs, rice, oriental vegetables |
| | 29 | ★ ♥ | Chili stuffed potato, broccoli, pear halves |
| | 30 | | Vegetable lasagna, italian vegetables, pears |
| | 31 | ♥ | Cheese enchilada, black beans, rice |

Breakfast

Juice costs \$0.40 per can if ordered separately

Juice with breakfast only

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