

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!