

GROWING **BOLDER**
maury river
MRSC
senior center

Carb grams listed per serving per Manufacturer Nutritional Facts

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Dumplings Green Beans Orange Fluff Rolls	2 Lasagna Corn Pears Rolls	3 Baked Chicken Buttered Rice California Blend Mandarin Oranges Rolls	4 Pinto Beans Stewed Tomatoes Cabbage Pineapple Tidbits Corn Muffins	5 Meatloaf Peas & Carrots Scalloped Potatoes Jello with Fruit Bread
8 BBQ Macaroni & Cheese Coleslaw Peaches Bun	9 Chicken Casserole Noodles Spinach Mandarin Oranges Rolls	10 Sweet & Sour Meatballs Rice Carrots Fruit Cocktail Rolls	11 Spaghetti with Meat Sauce Tossed Salad Fruit Melody Roll	12 Pork Loin Potato Casserole Lima Beans Applesauce Rolls
15 Salisbury Steak & Gravy Mashed Potatoes Succotash Jello with Fruit Rolls	16 Baked Ham Sweet Potatoes Green Beans Applesauce Rolls	17 Turkey & Gravy Mashed Potatoes Peas & Carrots Pears Rolls	18 Chili Baked Potato Broccoli Florets Fruit Cocktail Corn Muffins	19 Breaded Chicken Fillet Lettuce/Tomato Potato Salad Pineapple Crisp Bun
22 Fish Macaroni & Cheese Green Beans Apple Crisp Rolls	23 Beef Pot Pie Squash Casserole Jello with Fruit Biscuits	24 BBQ Chicken Parsley Potatoes Scandinavian Blend Peaches Rolls	25 Hamburger Lettuce/Tomato Baked Beans Pineapple Crisp Bun	26 Beef Tips & Gravy Buttered Rice Peas Mandarin Oranges Rolls
29 Chicken Pot Pie Beets Fruit Melody Biscuits	30 Beefy Mac Beets Strawberry Fluff Rolls	ALL MEALS SERVED WITH 8 OZ. 2% MILK		