

GROWING **BOLDER**  
maury river  
**MRSC**  
senior center

Carb grams listed per serving per Manufacturer Nutritional Facts

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Lasagna Corn Pears Rolls
4 Chicken & Dumplings Green Beans Orange Fluff Rolls	5 Meatloaf Peas & Carrots Scalloped Potatoes Jello with Fruit Bread	6 BBQ Macaroni & Cheese Coleslaw Peaches Bun	7 Pinto Beans Stewed Tomatoes Cabbage Pineapple Tidbits Corn Muffins	8 Baked Chicken Buttered Rice California Blend Mandarin Oranges Rolls
11 Spaghetti with Meat Sauce Tossed Salad Fruit Melody Roll	12 Breaded Chicken Fillet Lettuce/Tomato Potato Salad Peaches Bun	13 Sweet & Sour Meatballs Rice Carrots Fruit Cocktail Rolls	14 Turkey & Gravy Mashed Potatoes Green Beans Pears Rolls	15 Pork Loin Potato Casserole Lima Beans Baked Apples Rolls
18 <b>CLOSED</b>	19 Beef Pot Pie Squash Casserole Jello with Fruit Biscuits	20 Fish Macaroni & Cheese Succotash Apple Crisp Rolls	21 Beef Tips & Gravy Buttered Rice Peas Mandarin Oranges Rolls	22 Chicken Casserole Noodles Spinach Pears Rolls
25 Baked Ham Sweet Potatoes Green Beans Applesauce Rolls	26 Hamburger Lettuce/Tomato Baked Beans Pineapple Crisp Bun	27 BBQ Chicken Parsley Potatoes Scandinavian Blend Pears Rolls	28 Chili Baked Potato Broccoli Florets Fruit Cocktail Corn Muffins	<b>ALL MEALS SERVED WITH 8 OZ. 2% MILK</b>