

GROWING **BOLDER**
maury river
MRSC
senior center

Carb grams listed per serving per Manufacturer Nutritional Facts

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED	2 Baked Chicken Buttered Rice California Blend Applesauce Rolls	3 Lasagna Corn Pears Rolls	4 Chicken & Dumplings Green Beans Orange Fluff Rolls
7 Meatloaf Peas & Carrots Scalloped Potatoes Applesauce Bread	8 BBQ Macaroni & Cheese Coleslaw Peaches Bun	9 Pinto Beans Stewed Tomatoes Cabbage Pineapple Tidbits Corn Muffins	10 Breaded Chicken Fillet Lettuce/Tomato Potato Salad Baked Apples Bun	11 Spaghetti with Meat Sauce Tossed Salad Fruit Melody Roll
14 Pork Loin Potato Casserole Lima Beans Baked Apples Rolls	15 Sweet & Sour Meatballs Rice Carrots Pears Rolls	16 Turkey & Gravy Mashed Potatoes Green Beans Peaches Rolls	17 Beef Pot Pie Squash Casserole Jello with Fruit Biscuits	18 Baked Ham Sweet Potatoes Green Beans Applesauce Rolls
21 CLOSED	22 Hamburger Lettuce/Tomato Baked Beans Pineapple Crisp Bun	23 Chicken Casserole Noodles Spinach Pears Rolls	24 Salisbury Steak & Gravy Mashed Potatoes Succotash Jello with Fruit Rolls	25 Fish Macaroni & Cheese Peas Apple Crisp Rolls
28 Beef Tips & Gravy Buttered Rice Peas Mandarin Oranges Rolls	29 Chicken Pot Pie Beets Fruit Melody Biscuits	30 Chili Baked Potato Broccoli Florets Fruit Cocktail Corn Muffins	31 BBQ Chicken Parsley Potatoes Scandinavian Blend Pears Rolls	ALL MEALS SERVED WITH 8 OZ. 2% MILK