

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

Carb grams listed per serving per Manufacturer Nutritional Facts

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Salad Macaroni Salad Peas Salad Peaches Wheat Bread Slice	2 Stuffed Peppers Brown Rice Mixed Vegetables Orange Wedges Wheat Roll`
5 Pulled Pork on Wheat Bun Baked Beans Cole Slaw Cinnamon Applesauce	6 Beefy Mac Peas and Carrots Bread Stick Pears	7 Chicken Breast Fillet on Wheat Bun Lettuce/Tomato Parsley Potatoes Berry Cobbler	8 Spaghetti and Meatballs Tossed Salad Baked Apples Wheat Bread Slice	9 Baked Chicken Au Gratin Potatoes Spinach Mandarin Oranges Wheat Roll
12 Baked Ham Sweet Potatoes Green Beans Pineapple Wheat Roll	13 <b>CLOSED</b>	14 Hamburger on Wheat Bun Lettuce/Tomato Baked Beans Peach Crisp	15 Beef Chili Baked Potato Broccoli Cuts Pineapple Corn Muffin	16 Pork Loin Potato Casserole Succotash Apples Wheat Roll
19 Swedish Meatballs Parsley Potatoes Carrots Fresh Fruit Salad in Season Wheat Roll	20 Chicken Salad Macaroni Salad Pea Salad Peaches Wheat Bread Slice	21 Fish Fillet Macaroni and Cheese Scandinavian Vegetable Blend Mandarin Oranges Slice Wheat Bread	22 Meat Loaf Scalloped Potatoes California Vegetable Blend Applesauce Wheat Roll	23 Pinto Beans Cabbage Stewed Tomatoes Corn Bread Pineapple
26 Beef Pot Pie Squash Casserole Pear Crisp Biscuits	27 Turkey and Cheese Sub Lettuce/Tomato Pasta Salad Raisins	28 Stuffed Peppers Brown Rice Mixed Vegetables Orange Wedges Wheat Roll	29 Pulled Pork on Wheat Bun Baked Beans Cole Slaw Cinnamon Applesauce	30 Beefy Mac Peas and Carrots Bread Stick Pears

