

GROWING **BOLDER**
maury river
MRSC
senior center

Carb grams listed per serving per Manufacturer Nutritional Facts

Monday	Tuesday	Wednesday	Thursday	Friday
ALL MEALS SERVED WITH 8 OZ. 2% MILK				1 Chicken & Dumplings Green Beans Orange Fluff Rolls
4 Lasagna Corn Pears Rolls	5 Baked Chicken Buttered Rice California Blend Mandarin Oranges Rolls	6 Pinto Beans Stewed Tomatoes Cabbage Pineapple Tidbits Corn Muffins	7 Meatloaf Peas & Carrots Scalloped Potatoes Jello with Fruit Bread	8 BBQ Macaroni & Cheese Coleslaw Peaches Bun
11 Breaded Chicken Fillet Lettuce/Tomato Potato Salad Pineapple Crisp Bun	12 Sweet & Sour Meatballs Rice Carrots Fruit Cocktail Rolls	13 Pork Loin Potato Casserole Lima Beans Baked Apples Rolls	14 Chicken Casserole Noodles Spinach Peaches Rolls	15 Spaghetti with Meat Sauce Tossed Salad Fruit Melody Roll
18 Beef Pot Pie Squash Casserole Jello with Fruit Biscuits	19 Turkey & Gravy Mashed Potatoes Peas & Carrots Pears Rolls	20 Chili Baked Potato Broccoli Florets Fruit Cocktail Corn Muffins	21 Baked Ham Sweet Potatoes Green Beans Applesauce Rolls	22 Salisbury Steak & Gravy Mashed Potatoes Succotash Jello with Fruit Rolls
25 BBQ Chicken Parsley Potatoes Scandinavian Blend Peaches Rolls	26 Fish Macaroni & Cheese Green Beans Apple Crisp Rolls	27 Beef Tips & Gravy Buttered Rice Peas Mandarin Oranges Rolls	28 Chicken Pot Pie Beets Fruit Melody Biscuits	29 Hamburger Lettuce/Tomato Baked Beans Pineapple Crisp Bun