

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HDM Frozen Meals 1	HDM Frozen Meals 2	Meatballs w/creamy mushroom gravy Chive Potatoes Peas & Carrots Italian Bread Pear Slices 3	Escalloped Chicken & Noodles Romaine Garden Salad w/garbanzo beans French Cut Green Beans Herb Bread Peach Halves 4	Baked Chicken Cutlet W/Gravy Mashed Potatoes Capri Blend Branchester Bread Fruit Cocktail 5	Pizza Three Bean Salad Romaine Garden Salad w/garbanzo beans Red Apple Cookie 6	HDM Frozen Meals 7
HDM Frozen Meals 8	Salisbury Steak Whole Potatoes Succotash Whole Wheat Bread Applesauce 9	Lemon Pepper Cod Oven Brownd Potatoes Herbed Green Beans Vegetable bread Fresh Fruit Salad 10	Beef Country Steak Asparagus Red Skin Potatoes Honey & Egg Bread Sliced Pineapple 11	Roasted Vegetable Lasagna Mixed Vegetables Romaine Garden Salad w/garbanzo beans Potato Bread Fresh Pear 12	Sweet & Sour Chicken Vegetable Salad Key West Vegetable Whole Wheat Roll Brown Rice Prunes 13	HDM Frozen Meals 14
HDM Frozen Meals 15	Macaroni and Cheese Pickled Beets Baby Carrots Prunes Corn Muffin 16	Turkey w/Vegetables Romaine Garden Salad w/garbanzo beans Dinner Roll Four-Fruit Salad 17	Chicken Tetrzzini Peas Romaine Garden Salad w/garbanzo beans Whole Wheat Roll Fruit Mixed Cup 18	Pineapple Ham low Sodium Oven Roasted Potatoes Crunchy Cauliflower Salad Rye Bread Mandarin Orange Salad 19	Beef Pastie W/ low sodium Gravy Capri Blend Pickled Beets Gelatin Cup 20	HDM Frozen Meals 21
HDM Frozen Meals 22	Stuffed Pepper Oven Roasted Potatoes Cabbage Pineapple Slaw Whole Wheat Roll Fruit Medley 23	Meat Loaf W/Gravy Oven Brownd Potatoes Mexican Corn Dinner Roll Plums 24	Creamy Chicken w/vegetables Sliced Potatoes Mixed Vegetables Romaine Garden Salad w/garbanzo beans Citrus Fruit 25	Turkey Breast W/Gravy Sweet Potatoes Herbed Green Beans Pint Mountain Bread Tapioca Pudding W/Pineapple 26	Italian Ravioli Broccoli Cuts Lettuce Romaine Spring Mix Whole Wheat roll Apricots 27	HDM Frozen Meals 28
HDM Frozen Meals 29	Italian Lasagna Green Beans French Cut Cole Slaw Italian Bread Diced Peaches 30					

Menu subject to change at
OPC's discretion due to
availability!