





**Menu items subject to  
change due to  
availability.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	<b>3</b> Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk	<b>4</b> Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>5</b> Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>6</b> Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk
<b>9</b> Chili and Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk	<b>10</b> Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushrooms Apple Pie Skim Milk	<b>11</b> Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	<b>12</b> Asian Beef and Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	<b>13</b> Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk
<b>16</b> Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>17</b> Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	<b>18</b> Ham and Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>19</b> Chicken Tahitian w/Fruited Wild Rice Stuffing Fresh Baked Squash Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	<b>20</b> Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Crème Pie Skim Milk
<b>23</b> Spaghetti w/Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>24</b> Fish Tacos w/Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk	<b>25</b> Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>26</b> Mararoni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>27</b> White Bean Soup Deli Sandwich w/ Lettuce and Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk
<b>30</b> Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk	<b>31</b> Pork and Vegetable Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches and Apples Skim Milk 	 <b>DELAWARE HEALTH AND SOCIAL SERVICES</b> Division of Services for Aging and Adults with Physical Disabilities <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p>		

