



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	<b>3</b> Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>4</b> Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	<b>5</b> Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>6</b> Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
<b>9</b> Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>10</b> Shrimp Fried Rice Steamed Broccoli Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	<b>11</b> Pulled Bbq Pork On Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk	<b>12</b> Moroccan Chicken Basmati Rice Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	<b>13</b> New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk
<b>16</b> Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	<b>17</b> Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	<b>18</b> Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	<b>19</b> Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>20</b> Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
<b>23</b> Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll/Bread Skim Milk	<b>24</b> Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	<b>25</b> Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk	<b>26</b> Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	<b>27</b> Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
<b>30</b> Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>31</b> Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk			



DELAWARE HEALTH AND SOCIAL SERVICES  
 Division of Services for Aging and Adults with Physical Disabilities

*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities"*

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



**CHEER**

*Celebrating 55 Years of Serving Sussex Seniors*

