

## Nutrition Program Menu from September 30 2024 - January 3, 2025

<b>2024</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9/30-10/4</b>	<i>Chicken Curry</i>	Beef Stew	Chicken Marsala	Breaded Fish	BBQ Hamburger
<b>10/7-10/11</b>	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	<i>Chicken Salad Bowl</i>	Tuna Sandwich
<b>10/14-10/18</b>	<b>HOLIDAY NO LUNCH</b>	Spaghetti W/Meatballs	Fish Vera Cruz	Pork Loin w/ Black Peppercorn	Beef Stroganoff
<b>10/21-10/25</b>	<i>Turkey &amp; Cranberry Salad</i>	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
<b>10/28-11/1</b>	Beef Picado	<i>Tuna Salad</i>	Oven Baked Chicken	<b>Polish Sausage</b>	Beef Lasagna
<b>11/4-11/8</b>	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/ Gravy	BBQ Chicken	<b>Sweet &amp; Sour Pork</b>
<b>11/11-11/15</b>	<b>HOLIDAY NO LUNCH</b>	<b>Hawaiian Chicken</b>	Chicken Marsala	Breaded Fish	BBQ Hamburger
<b>11/18-11/22</b>	Turkey Chili	Creamy Cilantro Baked Fish	Roast Beef	<b>Herb Chicken</b>	Tuna Sandwich
<b>11/25-11/29</b>	Spaghetti W/Meatballs	Chicken Enchilada	<b>Roast Turkey</b>	<b>HOLIDAY NO LUNCH</b>	<b>HOLIDAY NO LUNCH</b>
<b>12/2-12/6</b>	<b>Roast Turkey</b>	Beef Teriyaki	Roast Pork Mustard Sauce	Chicken Mole	Stuffed Bell Peppers
<b>12/9-12/13</b>	Beef Picado	<b>Ginger Fish</b>	Oven Baked Chicken	<b>Turkey Meatloaf</b>	Beef Lasagna
<b>12/16-12/20</b>	Baked Ziti (Turkey)	Rosemary Chicken	Meatloaf W/ Gravy	BBQ Chicken	Garlic Butter Fish
<b>12/23-12/27</b>	Chicken Curry	<b>Roast Beef</b>	<b>HOLIDAY NO LUNCH</b>	Breaded Fish	BBQ Hamburger
<b>12/30-1/3</b>	Turkey Chili	<b>Bake Ham</b>	<b>HOLIDAY NO LUNCH</b>	Chicken Salad Bowl	Tuna Sandwich

(subject to change)