



Meals for Dining Centers and Home Deliveries

Call for meal reservation by 5:00 p.m. the day before at 345-0821 or 1-800-452-0097. Call by 9:00 a.m. the same day to cancel

Age 60 and over suggested donation is \$2.50 - under 60 cost is \$6.00

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ pork on bun 3 oz. Sweet potatoes 1/2 c. Brussel sprouts 1/2 c. Peaches 1/2 c.	2 Augratin potatoes/ham 1/2 c. Green beans 1/2 c. Pickled beets 1/2 c. Grapes
5 Roast beef 3 oz. Mashed potatoes 1/2 c. Succotash 1/2 c. Tropical fruit 1/2c.	6 Soup beans & ham 3/4 c. Egg salad sandwich 1/4 c. Cole slaw 1/2 c. Orange Cookie	7 Baked fish 4 oz. Macaroni cheese 1/2 c. Peas & onions 1/2 c. Cherry pie (sugar free) Juice 4 oz.	8 Pork cutlet with gravy Whipped potatoes 1/2c. Italian green beans 1/2 c. Muffin Banana	9 Stuffed peppers 4 oz. Parsley potatoes 3/4 c. Stewed tomatoes 1/2 c. Chocolate cake Juice 4 oz.
12 Baked steak 3 oz. Scalloped potatoes 1/2 c. Peas 1/2 c. Sugar-free cookie Grape juice 4 oz.	13 Beef tips over rice 3 oz. California vegetables 1/2 c. Glazed carrots 1/2 c. Sliced peaches	14 Spaghetti/Meat balls 3/4 c. Tossed salad 1 cup Applesauce 1/2 c. Garlic bread	15 Vegetable lasagna 3/4 c. String beans 1/2 c. Hot cinnamon apples 1/2 c. Banana muffins	16 Smoked sausage 3 Oz. Buttered brown rice 1/2 c. Broccoli/cheese sauce 1/2 c. Banana cream pie Juice
19 Sliced turkey & gravy 3 oz. Mashed potatoes 1/2 c. Key Largo vegetables 1/2 c. Lemon meringue pie	20 Meat loaf 3 oz. Macaroni cheese 1/2 c. Italian string beans 1/2 c. Butterscotch pudding	21 Baked ham with sauce 3 oz. Steamed cabbage 1/2 c. Boiled potatoes 1/2 c. Cornbread Fruit cup	22 Baked steak 3 oz. Parsley potatoes 3/4 c. Brussel sprouts 1/2 c. Key lime pie 4 oz. juice	23 Roast beef with gravy 3 oz. Buttered noodles 1/2 c. Spinach 1/2 c. Plums
26 Southern-fry chx legs 3 oz. Augratin potatoes 1/2 c. Green beans 1/2 c. Biscuit Vanilla pudding cup Juice 4 oz.	27 Chili & cheese/crackers 3/4 c. Cole slaw 1/4 c. Mandrin oranges 1/2 c. Gingerbread	28 Vegetable soup 1 cup Shredded BBQ beef 1/2 c. Cottage cheese 1/2 c. Sliced pears 1/2 c.	29 Ham loaf 3 oz. Mashed potatoes 1/2 c. Peas 1/2 c. Vanilla pudding Juice 4 oz.	30 BBQ chicken thighs 3 oz. Sweet potatoes patties Green beans 1/2 c. Pineapple bits 1/2 c.

Diet meals available upon request. Menus subject to change without notice. 2% milk with bread and butter served daily. Lunch served daily in dining centers. In Newark: LCAP at 745 East Main Street, Terrace Garden Apartments at 85 West Church Street, Sharon Glyn Village at 914 Sharon Valley Road, Candlewick Commons at 15 S. 3rd Street, Washington Square Apartments at 340 Eastern Avenue. In Buckeye Lake at Water's Edge - 4852 Walnut Road. In Pataskala at TJ Evans LEADS Center. In Johnstown at Chimes Terrace Apartments. In Utica at Oak Hill Manor. In Heath at Mitchell Retirement Village.