

ROSEVILLE AREA SENIOR PROGRAM / MEALS ON WHEELS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Beef Stew Warm Cornbread Steamed Broccoli Applesauce</p>	<p>2</p> <p>Breakfast for Lunch! English Muffin with Egg Turkey Sausage & Cheese Breakfast Potatoes Spiced Peaches</p>	<p>3</p> <p>Cheese Tortellini with Alfredo Sauce Italian Vegetables French Bread Chilled Fruit Cookie</p>
<p>6</p> <p>Chicken Dumpling Soup Warm Cornbread Steamed Broccoli Fruit</p>	<p>7</p> <p>Tator Tot Hot dish Green Beans Freshly Baked Wheat Roll Fruit Cocktail Pudding</p>	<p>8</p> <p>Diced Turkey in Gravy Mashed Potatoes Steamed Corn Freshly Baked Wheat Roll Chilled Fruit</p>	<p>9</p> <p>National Meatball Day Swedish Meatballs with Egg Noodles Steamed Peas & Carrots Mixed Fruit Cake</p>	<p>10</p> <p>Spaghetti with Marinara Sauce (Meatless) Italian Vegetables French Bread Chilled Pineapple</p>
<p>13</p> <p>Lu's Homemade Meatloaf Fluffy Whipped Potatoes Monterey Blend Vegetables Chilled Fruit</p>	<p>14</p> <p>Chicken Alfredo French Bread Steamed Green Beans Mandarin Oranges Cookie</p>	<p>15</p> <p>Hamburger Goulash Steamed Corn Wheat Roll Banana</p>	<p>16</p> <p>Holiday Meal Corned Beef & Cabbage Red Potatoes & Carrots Green Jello Green Cake</p>	<p>17</p> <p>Lemon Pepper Tilapia Rice Pilaf Chef's Choice of Vegetable Chilled Fruit</p>
<p>20</p> <p>Swiss Steak Mashed Potatoes California Blend Vegetables Freshly Baked Wheat Roll Blueberries</p>	<p>21</p> <p>Italian Chicken Rice Pilaf Roasted Vegetables Chilled Apricots Brownie</p>	<p>22</p> <p>Beef Lasagna French Bread Italian Blend Vegetables Chilled Mixed Fruit</p>	<p>23</p> <p>Chicken Chili Warm Cornbread Steamed Green Beans Chilled Pears Cookie</p>	<p>24</p> <p>Tuna Noodle Hot Dish Steamed Vegetable Biscuit Chilled Fruit</p>
<p>27</p> <p>Pizza Burger topped with Mozzarella Cheese Seasoned Potatoes Steamed Carrots Chilled Fruit</p>	<p>28</p> <p>Salisbury Steak Mashed Potatoes California Blend Vegetables Freshly Baked Wheat Roll Fruit Pudding</p>	<p>29</p> <p>Chicken Rordon Bleu Rice Pilaf Chef's Choice of Vegetable Freshly Baked Wheat Roll Peach Cobbler Diabetic - Diced Peaches</p>	<p>30</p> <p>Tator Tot Hot dish Green Beans Wheat Roll Fruit Cocktail</p>	<p>31</p> <p>Vegetable Lasagna Steamed Mixed Vegetables French Bread Fresh Pear</p>