



Chicken w/ Red Wine Sauce Lyonnaise Potatoes Sliced Zucchini	Chicken Florentine Orange Scented Rice Carrots & Zucchini	Beef & Cabbage Rolls Diced Red Skin Potatoes Peas & Carrots	Meatloaf w/ Mushroom Sauce Mashed Potatoes, Corn & Peas	Garden Vegetable Cheese Ravioli w/ Marinara Sauce Mixed Vegetables
Creamy Chicken & Wild Rice Vegetables in Garlic Onion Sauce Carrots & Broccoli	Chicken & Scalloped Potatoes Cheese Sauce w/ Peppers, Onions & Turkey Bacon Broccoli Cuts	Meatballs W/ Stout & Mustard Thyme Sauce *** Chicken & Beef Meatballs Pasta Mixed Vegetables	Salisbury Steak w/ Onion Gravy Spinach Mashed Potatoes Green Beans & Corn	Baked Sole Fish w/ Seafood Stuffing White Rice Green Beans
Chicken Piccata Lemon Caper Sauce Rice Pilaf & Green Beans	Pineapple Teriyaki Chicken Brown Rice Peas & Carrots	Sweet & Sour Meatballs *** Sesame Vegetable Fried Rice Green Beans	Pork w/ Apple & Onion Sauce Cranberry & Lentil Rice Mixed Vegetables	Fish Newberg Red Skin Mashed Potatoes Peas & Carrots
Chicken Pot Pie Vegetables w/ Pastry Crust and Chicken Gravy Broccoli Cuts	Turkey & Rice w/ Cheese Sauce Peas & Carrots	Shells & Cheese Cheese Sauce w/ Bread Crumbs Peas & Vegetable Blend	BBQ Pork Mashed Sweet Potatoes Corn	Waffles w/ Apple Compote *** Turkey Sausage Breakfast Potatoes
Orange Glazed Chicken Fried Rice Peas & Cauliflower	Spaghetti w/ Italian Turkey Sausage Sliced Zucchini	Beef Goulash Pasta w/ Tomato Sauce Sliced Zucchini	Vegetable Lasagna Alfredo Sauce & Roasted Vegetables Lima Beans	French Toast *** Turkey Sausage Breakfast Potatoes
Ham & Pineapple *** Mashed Sweet Potato Corn	Sliced Turkey w/ Gravy *** Stuffing & Mashed Potatoes Peas & Carrots	Cheese & Beef Macaroni Creamy Cheese Sauce Mixed Vegetables	Pasta Primavera Penne w/ Roasted Vegetables in Alfredo Sauce Green Beans	Turkey Ham, Egg & Cheese Sandwich *** Hashed Browns Spiced Peaches

Sample Menu (Subject to change)

Please note meal selections vary by site and may not be available
 Meals are low sodium unless noted with an ***