


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Suggested Donation: \$4/meal.</b></p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>			<p><b>Roasted Turkey w/ Gravy</b> Whole Wheat Bread Squash Mashed Potatoes Old-Fashioned Apple Pie Cranberry Juice</p>	<p><b>Tortellini w/ Tomato Sauce</b> Garlic Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookies</p>
<p><b>Hearty Lasagna</b> Whole Grain Dinner Roll Italian Vegetable Blend House Salad w/ Spinach Cinnamon Apples NutriGrain Bar</p>	<p><b>Herb Baked Chicken Breast</b> Dinner Roll BBQ Black Beans Mexi-Corn Mandarin Oranges Vanilla Pudding</p>	<p><b>Beef Pot Roast w/ Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Carrots Pears</p>	<p><b>Mushroom Swiss Burger</b> Potato Wedges Stewed Tomatoes Mixed Fruit Devil's Food Cake</p>	<p><b>Breaded Cod Sandwich</b> Baby Red Potatoes Irish Vegetable Blend Creamy Coleslaw Gelatin w/ Topping</p>
<p><b>Meatballs w/ Gravy</b> Whole Grain Dinner Roll Egg Noodles Carrots &amp; Green Beans Pickled Beets Orange</p>	<p><b>Beef Tacos</b> Flour Tortillas Pinto Beans Mexi-Corn Chocolate Pudding</p>	<p><b>Herb Chicken w/ Gravy</b> Biscuit Wild Rice Carrots House Salad Pears &amp; Fig Newton Cookies</p>	<p><b>Brown Sugar Glazed Ham</b> Dinner Roll Parslied Potatoes Irish Blend Vegetables Mixed Fruit White Cake w/ Strawberries</p>	<p><b>Vegetable Soup</b> Tuna Salad Sandwich Potato Salad Tropical Fruit Rice Crispy Bar</p>
<p><b>Chicken Pot Pie</b> Biscuit Garlic Mashed Potatoes Carrots Pears</p>	<p><b>Pasta w/ Meat Sauce</b> Garlic Herb Breadstick Brussels Sprouts House Salad Mixed Fruit</p>	<p><b>Turkey Burger</b> Baked Beans California Vegetable Blend Fruited Gelatin</p>	<p><b>Beef Teriyaki</b> Whole Grain Dinner Roll Vegetable Fried Rice Peas Carrot Raisin Salad Cherry Cheesecake</p>	<p><b>BBQ Pulled Pork</b> Whole Wheat Hamburger Bun German Potato Salad Mixed Vegetables 3-Bean Salad Oatmeal Raisin Cookie</p>
<p><b>Italian Sausage on a Bun</b> Whole Wheat Hot Dog Bun Peppers &amp; Onions Irish Vegetable Blend Mac &amp; Cheese Pears</p>	<p><b>Country Meatloaf w/ Gravy</b> Whole Grain Dinner Roll Mashed Potatoes Ginger Honey Glazed Carrots Peach Oat Crisp</p>	<p><b>BBQ Chicken Breast</b> Whole Wheat Bread Baked Beans Mixed Vegetables Cinnamon Applesauce Vanilla Pudding</p>	<p><b>Broccoli Cheese Soup</b> Chicken Salad Sandwich Pea Salad Tropical Fruit Sugar Cookies</p>	<p><b>Lemon &amp; Herb Baked Cod</b> Rye Bread Sweet Potato Slices Green Beans Pineapple Brownie</p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time. | Grounded Cafe does not serve alternate entrée the 1st Fri of each month.

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