


Monday	Tuesday	Wednesday	Thursday	Friday
	Chopped Steak 4oz 1 Mashed Potatoes ½ c Mixed beans and carrots ½ c Whole Wheat rolls 1+ Dinner salad ½ cup Ice cream (enhancement)	Beef soft Taco 2 2+ oz. 1 Tortilla, 1oz cheese. Rice Pinto beans ½ C Whole Wheat roll 1+ ea. Dinner salad ½ C Pineapple ½ C	Swedish Meat Balls 3 4oz meatball Egg noodles ½ C Mixed squashes ½ C Whole Wheat roll 1 Dinner salad ½ C Carrot Cake (enhancement)	Turkey and cheddar sandwich 4 2 wheat bread, cheese, 2 Turkey 2 slices Mushroom Soup 5 oz. Potato Triangles 1ea Coleslaw ½ C Cookies (enhancement)
Cheeseburger 1- 4oz 7 Cheese 1 slice Whole wheat bun 1 ea. Lettuce, tomato, pickle 1ea Steak fries ½ C Dinner Salad ½ C Tropical Fruit Cup ½ C	Chicken soft Taco 8 2+ oz. 1 Tortilla, 1oz cheese. Calavasitas ½ C Pinto beans ½ C Whole Wheat roll 1 ea Dinner salad ½ C Churros	Meatloaf 4oz 9 Mashed Potatoes ½ c Mixed beans and carrots ½ c Whole Wheat rolls 1+ Dinner salad ½ cup Ice cream (enhancement)	Pork loin 4oz BBQ 10 Sauce Rice ½ C Oriental Veggies ½ C Whole Wheat roll 1 Dinner salad ½ C Mandarin orange ½ C	Chicken Piccata 11 Roasted Potato 1/2c Broccoli ½ C Whole Wheat roll 1 Dinner salad ½ C Eclair Cake
Pork Loin 4oz 14 Green chili Au gratin Potatoes 4oz Green beans ½ C Whole wheat rolls Dinner salad ½ C Peaches ½ cup	Quiche de jour 1/6 15 Fresh Fruit Garnish 3sclices Rice Pilaf ½ cup Whole Wheat rolls Dinner salad ½ cup Pudding enhancement)	Turkey breast. 4 oz. 16 Rice ½ C Glazed Carrots ½ C Whole Wheat roll 1ea Dinner salad ½ C Pears ½ cup	Pot roast 1 ea. 4oz 17 Mashed Potato ½ C Broccoli ½ C Whole Wheat roll 1ea Dinner salad ½ C Mandarin orange ½ C	Beef and cheddar sandwich 18 2 wheat bread, cheese, 2 Turkey 2 slices Tomato soup 5 oz. Potato Triangles 1ea Coleslaw ½ C Cookies (enhancement)
Untidy Joseph 3oz 21 Wheat Bun 1 ea. Potato Cakes 1ea Glazed Carrots ½ C Dinner salad ½ C Brownies (enhancement)	Chicken Parmigianino 1ea 22 Squash medley ½ C Pasta with Tomato ½ cup Whole Wheat roll 1 Dinner salad ½ C Berry shortcake (enhancement)	Cheeseburger 1- 4oz 23 Cheese 1 slice Whole wheat bun 1 ea. Lettuce, tomato, pickle 1ea Steak fries ½ C Dinner Salad ½ C Tropical Fruit Cup ½ C	Pasta with Meat Sauce 24 ½ cup, ½ C sauce Mixed squashes ½ C Whole Wheat roll 1 Dinner salad ½ C Carrot Cake (enhancement)	Baked fish fillet 4oz 25 Potato Hash brown ½ C Vegetable medley ½ C Dinner Salad ½ Cup Dinner Roll 2x Pudding
Chicken breast 1 ea. 4oz 28 Egg noodles ½ C Peas and Mushrooms ½ C Whole Wheat roll 1ea Dinner salad ½ C Pears ½ C	Beef soft Taco 29 2+ oz. 1 Tortilla, 1oz cheese. Rice Pinto beans ½ C Whole Wheat roll 1+ ea. Dinner salad ½ C Pineapple ½ C	Chicken breast 1 ea 30 Egg noodles ½ C Peas and Mushrooms ½ C Whole Wheat roll 1ea Dinner salad ½ C Pears ½ C	Swedish Meat Balls 31 4oz meatball Egg noodles ½ C Mixed squashes ½ C Whole Wheat roll 1 Dinner salad ½ C Carrot Cake (enhancement)	

The SRC Adult Day Program Participates in a USDA Funded Program and is an equal opportunity Employer. 1% Milk is offered with every meal