



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Green Pepper Roasted Potatoes Carrots Apple Breadstick	2 Chicken Tenderlion w/Gravy Red Skin Potatoes Broccoli Cuts Orange Sections Dinner Roll	3 Turkey Burger w/Bun Lettuce/Tomatoes Cucumber Salad Red Grapes	4 Tuna Noodle Casserole Caribbean Vegetable Garden Salad Apricots Bread	5 Baked Ham Sweet Potatoes Whole Green Beans Banana Dinner Roll
8 Beef Stroganoff Califlower/Broccoli Salad Savory Spinach Fruit Medley Whole Wheat Bread	9 Creamy Chicken & Vegetables Whipped Potatoes Salad Orange Sections Breadstick	10 BBQ Chicken w/Bun Broccoli Pasta Salad Marinated Carrot Salad Peach Halves	11 Meatloaf w/Gravy Red Skin Potatoes Normandy Vegetable Diced Pears Dinner Roll	12 Turkey a la King w/Rice Herbed Green Beans Vegetable Salad Grain Roll
15 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	16 Sweet & Sour Meatballs Rice Key West Vegetable Three Bean Salad Red Apple	17 Chicken Divan Chive Potatoes Whole Green Beans Romaine Salad Apple Sauce Breadstick	18 Herbed Pork Loin Oven Browned Potatoes Baby Carrots Fruit Salad Wheat Roll	19 Baked Pollock Roasted Potatoes Normandy Blend Veg. 100% Fruit Juice Whole Wheat Roll
22 Grilled Pork Patty European Blend Sweet Potatoes Cinnamon Apples Wheat Bread	23 Lemon Chicken Brown Rice Prince Charles Blend Cole Slaw Sliced Peaches Dinner Roll	24 Mexican Beef & Bean Casserole Romaine Salad Spinach Apricots Wheat Bread	25 Pizza Three Bean Salad Carrots Grapes	26 BBQ Chicken w/Bun Baked Beans Potato Salad Cabbage Slaw Watermelon
29 BUILDING CLOSED	30 Meatloaf w/Gravy Red Skin Potatoes Garden Salad Normandy Vegetable Diced Pears Bread	31 Ham Broccoli Casserole Mixed Vegetables Carrot Salad Fruit Salad Bread	<div style="background-color: #e91e63; color: white; padding: 10px; border-radius: 15px;"> <p>JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at NOON Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$3 donation Under 60 - \$4 charge</p> </div>	

Older Persons' Commission | 650 Leticia Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.aaa1b.org • 1.800.852.7795