

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Salmon Burger Couscous with Peas and Lemon Whole Wheat Dinner Roll Carrots and Raisins Apple Juice Fruit Cocktail</p>	<p>2 Italian Roast Chicken Whole Wheat Bread Baked Potatoes Collard Greens Orange</p>	<p>3 Baked Breaded Pork Chops Whole Wheat Bread Wild Rice Sautéed String Beans Canned Mandarin Grape Juice</p>	<p>4 <b>INDEPENDENCE DAY CENTER CLOSED</b></p> 	<p>5 <b>INDEPENDENCE DAY CENTER CLOSED</b></p> 
<p>8 Stuffed Peppers with Turkey Whole Wheat Bread Baby Spinach Salad Apple Juice Canned Pears</p>	<p>9 Coconut Curried Cod Fish Perfect White Rice Broccoli with Toasted Garlic Cantaloupe</p>	<p>10 A Nice Vegetable Soup Egg Salad Lite with Lettuce Quinoa Whole Wheat Dinner Roll Mixed Green Salad Watermelon</p>	<p>11 Turkey Tacos Mexican Confetti Rice Fresh Sliced Tomatoes and Cucumbers Canned Pears Orange Juice</p> 	<p>12 Chicken Parmesan with Sautéed Onions and Garlic Spaghetti Whole Wheat Bread Green Bean Sauté Strawberries</p>
<p>15 Tuna Nicoise Salad Classic Macaroni Salad Whole Wheat Bread Garden Salad Frozen Mixed Berries Orange Pineapple Juice</p>	<p>16 Baked Breaded Chicken Cutlet Whole Wheat Bread Baked Red Potato Wedges Italian Blend Vegetables Grapes</p>	<p>17 Bake Fish Fillets Whole Wheat Bread Brussel Sprouts Mexican Corn Confetti Sautéed Orange Orange Pineapple Juice</p>	<p>18 Turkey Meatloaf with Mushrooms and Peppers Whole Wheat Bread Instant Mashed Potatoes Sautéed String Beans Apple Juice Sliced Peaches</p> 	<p>19 BBQ Pulled Pork Whole Wheat Hamburger Bun Cole Slaw Cucumber Dill Salad Canned Pears Grape Juice</p>
<p>22 Baked Asian Style Honey Chicken Rice with Vegetables Whole Wheat Bread Cabbage Carrot Slaw Fruit Cocktail Orange Pineapple Juice</p>	<p>23 <b>BIRTHDAY PARTY</b> Pineapple Glazed Salmon Whole Wheat Bread Red Bliss Potatoes Tossed Green Salad Steamed Spinach Orange Ice Cream/Cake</p>	<p>24 Beef Stroganoff with Noodles Whole Wheat Bread Kale and Tomato Orange</p>	<p>25 Garden Bounty Soup Salmon Burger Roasted Sweet Potato Fries Whole Wheat Bread Israeli Salad Banana</p> 	<p>26 Orzo Stuffed Peppers Chickpea Salad With Tomatoes and Parsley Whole Wheat Bread California Blend Vegetables Grapes</p>
<p>29 Chicken Salad Pasta Salad Whole Wheat Bread Carrot Salad Fruit Cocktail Grape Juice</p>	<p>30 Tuna Fish Salad Corn, Black Bean and Pepper Salad Whole Wheat Bread Tossed Salad with Dressing Grape Juice Sliced Peaches</p>	<p>31 Red Borscht Egg Salad Whole Wheat Bread Romaine, Carrot Beet and Chickpea Salad Sliced Pears Orange Pineapple Juice</p>	<p>Meals are chosen from the DFTA pre-approved menus, which provide a nutritionally balanced diet</p>	<p>Alternates available daily— You must place your choice no later than 11:30AM</p>