



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	2 Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	3 Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	4 Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	8 Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	9 Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	10 Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	11 Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit	15 Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	16 Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	17 Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	18 Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Pot Roast Noodles Collard Greens Slice of Bread M. Oranges SF Choc Chip Cookie	22 Country Fried Steak Scalloped Potatoes California Vegetables Slice of Bread Apple	23 Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	24 Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	25 Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit
MONDAY	TUESDAY	WEDNESDAY		
28 Flame Broiled Beef Steak Roasted Bakers Mixed Vegetables Applesauce Slice of Bread	29 Turkey Ham & Beans Spinach Redskin Potatoes Slice of Bread Peaches SF Lemon Cookie	30 Herbed Baked Chicken Sweet Potato Cubes Green Peas Slice of Bread Mixed Fruit		

For a list of locations and contact information, visit our website at www.muchmorethanameal.org

Menu is subject to change based on availability. Thank you for understanding.