Apple Spice Glaze (½ oz)with Turkey (3 oz), Black Beans, and Corn Carrots (½ C)Mith Turkey (3 oz), Black Beans, and Corn Cold Beets (½ C)Thin Gravy (1 oz)Marinara (2 oz), Ground Beef (3 oz), and Meatballs (2-2 oz)Mushroom Gravy (4 oz) Roasted Potatoes (½ C)Whipped Potatoes (½ C)Cold Beets (½ C)Scalloped Potatoes (½ C)Scalloped Pot	Jcafe Agev		11 am - 1 pm	RSVP by 4pm the Bus Day Before your vi 412-567-17	sit Does Not
BeWellBeWellBeWellBeWellBeWellVegetarian Patty with Apple Spice Glaze (% oz)White Turkey Chili (1 C) with Turkey (3 oz), Black Beans, and Corn Carrots (% C)White Turkey Chili (1 C) with Turkey (3 oz), Black Beans, and Corn 	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Patty with Apple Spice Glaze (½ o2)White Turkey Chili (1 C) with Turkey (3 o2), Black Beans, and Corn Calories (½ C)Swiss Steak (4 o2) with Thin Gravy (1 o2)Bow Tie Pasta (½ C) with Marinara (2 o2), Ground Beef (3 o2), and Meatballs (2-2 o2) Scalloped Potatoes (½ C)Chicken Breast (½ C) Momaine & Leaf Lettuce (½ C)Chicken Breast (½ C) (2 Comped Fed Peper (2 Thsp)) (2 Ratisfies (2 Thsp))Chicken Breast (1 Slice)Chicken Breast (4 o2)Chicken Breast (1 Slice)Chicken	January 27	January 28	January 29	January 30	January 31
Apple Spice Glaze (% oz) Whipped Potatoes (% C) Carrots (% C)with Turkey (3 oz), Black Beans, and Corn Cold Beets (% C)Thin Gravy (1 oz) Scalloped Potatoes (% C)Marinara (2 oz), Ground Beef (3 oz), and Meathalis (2-2 oz) Salad with Romaine & Leaf Letture (% C), Conped Red Peper (2 Tusp) & Radishes (2 Tusp)Mushroom Gravy (4 oc Roasted Potatoes (% C)Wheat Bread (1 Slice)White Rice (% C)Italian Green Beans (% C)Marinara (2 oz), Ground Beef (% C), Conped Red Peper (2 Tusp) & Radishes (2 Tusp)Mushroom Gravy (4 oc Roasted Potatoes (% C)Margarine (1 tsp)Dinner Roll (1)Tropical Fruit Mix (% C)Fruit Cocktail (% C)Wheat Challah (1 Slice)Margarine (1 tsp)Tangerine (1)Calories: 764Light Italian Dressing (1 Tusp)Margarine (1 tsp)Calories: 658Calories: 615Tofu Chickpea Curry (1 C)Rotisserie Chicken Leg and Thigh (\$ oz)Cod Provencal (4 oz) wWhipped Potatoes (% C)Butternut Squash Cubes (% C)Wheat Bread (1 Slice)Rotisserie Chicken Leg and Thigh (\$ oz)Cod Provencal (4 oz) wWhipped Potatoes (% C)Butternut Squash Cubes (% C)Tropical Fruit Mix (% C)Rotisserie Chicken Leg and Thigh (\$ oz)Cod Provencal (4 oz) wWhipped Potatoes (% C)Butternut Squash Cubes (% C)Wheat Bread (1 Slice)Rotisserie Chicken Leg and Thigh (\$ oz)Cod Provencal (4 oz) wSuffing (% C)Dinner Roll (1)Margarine (1 tsp)Salad with Romaine & Leaf Lettuce (1 C), Chopped Red Peper (2 Tusp), Reas (2 Tusp	BeWell	BeWell	BeWell	BeWell	BeWell
Calories: 650	Vegetarian Patty with Apple Spice Glaze (½ oz) Whipped Potatoes (½ C) Carrots (½ C) Wheat Bread (1 Slice) Sliced Peaches (½ C) Margarine (1 tsp) Calories: 658 Season's Harvest Chicken Breast (4 oz) with Gravy (1 oz) Whipped Potatoes (½ C) Broccoli, Cauliflower and Carrots (½ C) Stuffing (¼ C) Peaches in Juice (½ C) Margarine (1 tsp)	White Turkey Chili (1 C) with Turkey (3 oz), Black Beans, and Corn Cold Beets (½ C) White Rice (½ C) Dinner Roll (1) Tangerine (1) Calories: 615 Season's Harvest Salmon with Apricot Ginger Glaze (4 oz) Butternut Squash Cubes (½ C) White Rice (½ C) Dinner Roll (1) Tangerine (1)	Swiss Steak (4 oz) with Thin Gravy (1 oz) Scalloped Potatoes (½ C) Italian Green Beans (½ C) Wheat Bread (1 Slice) Tropical Fruit Mix (½ C) Calories: 764 Season's Harvest Tofu Chickpea Curry (1 C) Italian Green Beans (½ C) Wheat Bread (1 Slice) Tropical Fruit Mix (½ C) Margarine (1 tsp) Calories: 743	Bow Tie Pasta (½ C) with Marinara (2 oz), Ground Beef (3 oz), and Meatballs (2-2 oz) Salad with Romaine & Leaf Lettuce (¼ C), Chopped Red Pepper (2 Tbsp) & Radishes (2 Tbsp) Italian Bread (1 Slice) Fruit Cocktail (½ C) Light Italian Dressing (1 Tbsp) Margarine (1 tsp) Calories: 717 Season's Harvest Rotisserie Chicken Leg and Thigh (5 oz) Salad with Romaine & Leaf Lettuce (1 C), Chopped Red Pepper (2 Tbsp), Peas (2 Tbsp), & Tomato Wedges (2) Ratatouille (½ C) Italian Bread (1 Slice) Fruit Cocktail (½ C) Light Italian Dressing (2 Tbsp) Margarine (1 tsp)	Chicken Breast with Mushroom Gravy (4 oz) Roasted Potatoes (½ C) Broccoli Florets (½ C) Wheat Challah (1 Slice) Pear (1) Margarine (1 tsp) Calories: 632 Season's Harvest Cod Provencal (4 oz) with Sauce (2 Tbsp) Roasted Potatoes (½ C) Broccoli Florets (½ C) Wheat Challah (1 Slice) Banana (1) Margarine (1 tsp)