

WEEK 5	MONDAY 12/3	TUESDAY 12/4	WEDNESDAY 12/5	THURSDAY 12/6	FRIDAY 12/7
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles Turkey Sausage Link Oatmeal with Raisins and Almond Orange Juice Apple Milk, Low fat 1%</p>	<p>Scrambled Eggs with Swiss Raisin Bran Cereal Whole Wheat Bread Banana Orange Pineapple Juice Milk, lowfat, 1%</p>	<p>Pancakes Turkey Sausage Patty Bran Flakes Cereal Fruit Cocktail Apple Juice Milk, low fat,1%</p>	<p>Cinnamon French Toast Raisin Bran Cereal Orange Pineapple Juice Milk Low Fat,1%</p>	<p>Scrambled Eggs with Red Peppers and Onions Bran Flake Cereal with Dried Cranberry Whole Wheat Bread Pear Apple Juice Milk, Low Fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Curried Chicken Breast Whole Wheat Bread Black Beans and Rice Boiled Southern Greens Orange Milk, Low Fat, 1%</p>	<p>Baked Pork Chops with Sweet and Sour Sauce Whole Wheat Bread Russian Tomato Salad Spiced Sweet Potatoes Apple Milk, Low Fat, 1%</p>	<p>Turkey Meatloaf with Mushroom Gravy with Rice Pilaf Steamed Peas and Carrots Grapes Milk, Low Fat, 1%</p>	<p>Garlic Chicken Meatballs with Ziti with Light Basil Cream Sauce Whole Wheat Bread Italian Cut Green Beans Orange Milk, low fat, 1%</p>	<p>Salmon Cakes with Dill Lemon Sauce Whole Wheat Bread Beet Salad Smashed Red Potatoes Canned Pineapple Milk, low fat, 1%</p>
<p><u>Dinner</u> Lettuce and Tomato Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Cheese Blintzes Challah Bread Cucumber Tomato Salad Creamy Mushroom Soup Apple Milk, Low fat, 1%</p>	<p>Baked Ziti with Meat Sauce Whole Wheat Bread Chickpea Salad and Tomatoes with Parsley Orange Milk, Low fat, 1%</p>	<p>Egg Drop Soup Chinese Style Spaghetti Chinese Style Steamed Cauliflower Banana Milk, Low Fat, 1%</p>	<p>Whole Wheat Cheese Pizza Cream of Spinach Soup Arugula Salad with Balsamic Vinegar Orange Milk, Low Fat, 1%</p>	<p>Cheeseburger w/Onions on Whole Wheat Bun Tossed Salad Baked Fries Grapes Milk, Low Fat, 1%</p>

WEEK 6	MONDAY 12/10	TUESDAY 12/11	WEDNESDAY 12/12	THURSDAY 12/13	FRIDAY 12/14
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles with Frozen Mixed Berries Turkey Bacon Oatmeal Pear Apple Juice Milk, Low Fat, 1%</p>	<p>Pancakes Turkey Sausage Patty Raisin Bran Cereal Apple Orange Juice Milk, Low Fat, 1%</p>	<p>Hard Boiled Egg Turkey Bacon Whole Wheat Bread Banana Pineapple Juice Milk, Low Fat, 1%</p>	<p>Omelets with Peppers and Onions Turkey Bacon Whole Wheat Bread Raisin Bran Cereal Orange Orange Pineapple Juice Milk, Low Fat, 1%</p>	<p>Grilled Mozzarella and Tomato Sandwich Maypo Pear Apple Juice Milk, Low Fat, 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Salisbury Steak with Brown Gravy and Kashmir Rice Israeli Salad Banana Milk, Low Fat, 1%</p>	<p>Meat Sauce with Chunky Peppers in Tomato Sauce with Bowtie Pasta Tangy Green Beans Fruit Cocktail Milk, Low Fat, 1 %</p>	<p>Spaghetti Carbonara with Green Peas with Tukey Bacon Creamed Spinach Orange Milk, Low Fat, 1%</p>	<p>Baked Chicken Breast with Diced Pineapple Sauce with Cuban Style Brown Rice Lemon Garlic Escarole Pear Milk, Low fat, 1%</p>	<p>Salmon in Garlic Butter Sauce with Brown Rice with Beans California Blend Vegetables Canned Pineapple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Chicken Rice Soup Tuna Melt Cole Slaw Banana Milk, Low Fat, 1%</p>	<p>Creamy Beef and Mushroom Sauce with Whole Wheat Bread Vegetable Soup Homemade Mashed Potatoes Pineapple Milk, Low Fat, 1%</p>	<p>White Bean Soup Arroz Con Pollo– Chicken Breast and Rice Italian Blend Vegetables Orange Milk, Low Fat, 1%</p>	<p>Deli Roast Beef with Brown Gravy Whole Wheat Bread Normandy Blend Pineapple Milk, Low Fat, 1%</p>	<p>Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%</p>

WEEK 1	MONDAY 12/17	TUESDAY 12/18	WEDNESDAY 12/19	THURSDAY 12/20	FRIDAY 12/21
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Hard Boiled Egg Turkey Sausage Patty Whole Wheat Mini Bagel Oatmeal Apple Apple Juice Milk Low Fat, 1%</p>	<p>Cinnamon French Toast Turkey Bacon Oatmeal Orange Juice Banana Milk, Low Fat 1%</p>	<p>Waffles Turkey Bacon Oatmeal Orange Pineapple Juice Apple Milk, Low fat 1%</p>	<p>Scrambled Eggs with Swiss Mayo Whole Wheat Bread Pear Pineapple Juice Milk, Low Fat 1%</p>	<p>Breakfast ENDS at 9:30a. No one will be allowed into the dining room after 9:30a. Pancakes Turkey Sausage Patty Frozen Mixed Berries Apple Juice Baked Apple Milk, Low Fat 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Mixed Vegetables Garlic Mashed Potatoes Orange Milk Low Fat, 1%</p>	<p>Baked Chicken Breast with Yogurt Brown Rice Steamed Broccoli Pear Milk Low Fat, 1%</p>	<p>Vegetable Lasagna Whole Wheat Bread Tossed Salad Banana Milk, Low Fat, 1%</p>	<p>Oven Fried Chicken Brown Rice With Mushrooms Prince Edward Blend Vegetables Pineapple Milk Low Fat, 1%</p>	<p><u>SPECIAL HOLIDAY LUNCH/DINNER</u> TWO SEATINGS 11:30AM AND 12:30PM REGISTRATION BEGINS 12/10 IN MAIN LOBBY 10AM-12:30 AND 1:30-3PM.</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Baked Turkey Breast Whole Wheat Mini Bagel Broccoli and Potato Soup Lettuce & Tomato Salad Apple Milk Low Fat, 1%</p>	<p>Cheese Blintzes Challah Bread Carrot & Raisin Salad Orange Milk Low Fat, 1%</p>	<p>Mexican Style Chicken Thighs and Rice Whole Wheat Dinner Roll Beet Salad with Yogurt - Dressing Orange Milk Low Fat, 1%</p>	<p>Cheese Ravioli with Tomato Sauce Whole Wheat Bread Cucumber Dill Salad Baked Apple Milk Low Fat, 1%</p>	<p><u>SPECIAL HOLIDAY LUNCH/DINNER</u> TWO SEATINGS 11:30AM AND 12:30PM REGISTRATION BEGINS 12/10 IN MAIN LOBBY 10AM-12:30 AND 1:30-3PM.</p>

WEEK 2	MONDAY 12/24	TUESDAY 12/25	WEDNESDAY 12/26	THURSDAY 12/27	FRIDAY 12/28
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles Turkey Bacon Oatmeal Orange Juice Banana Milk, Low Fat, 1%</p>	<p>CENTER CLOSED FOR CHRISTMAS DAY.</p>	<p>Cinnamon French Toast Scrambled Eggs Creamy Apple Raisin Oatmeal Pear Apple Juice Milk, Low Fat, 1%</p>	<p>Scrambled Eggs with Swiss Whole Wheat English Muffin Grits Banana Orange Pineapple Juice Milk, low Fat, 1%</p>	<p>Pancakes with Frozen Mixed Berries Turkey Sausage Patty Bran Flakes Cereal Orange Apple Juice Milk, Low Fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Arroz con Pollo (Chicken Breast and Rice) Whole Wheat Bread Capri Blend Vegetable Orange Milk, Low Fat, 1%</p>	<p>CENTER CLOSED FOR CHRISTMAS DAY.</p>	<p>Baked Pork Au Gratin Potato Whole Wheat Bread Garden Salad Pear Milk, Low Fat, 1%</p>	<p>Chicken Chunks with Red Sauce with Bowtie Pasta Whole Wheat Bread Steam Peas and Carrots Fruit Cocktail Milk, Low Fat, 1%</p>	<p>Spanish Style Baked Cod Smashed Mixed Potatoes and Cauliflower Whole Wheat Bread Orange Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Curried Chicken Salad Whole Wheat Bread Black Bean Soup Baby Spinach Salad Banana Milk, Low Fat, 1%</p>	<p>CENTER CLOSED FOR CHRISTMAS DAY.</p>	<p>Tuna Noodle Casserole Cucumber Tomato Salad Canned Pear Milk, Low Fat, 1%</p>	<p>Broccoli Soup Cheese Pierogis with Sour Cream Challah Bread Orange Milk, Low Fat, 1%</p>	<p>Chinese Style Chicken Patty Whole Wheat Hamburger Bun Coleslaw, Cucumber Salad Banana Milk, Low Fat, 1%</p>

WEEK 3	MONDAY 12/31	TUESDAY 1/1	WEDNESDAY 1/2	THURSDAY 1/3	FRIDAY 1/4
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	Scrambled Eggs with Swiss Whole Wheat Mini Bagel Grits Banana Apple Juice Milk, Low Fat 1%	<p align="center">CENTER CLOSED FOR NEW YEAR'S DAY.</p>	Whole Wheat English Muffin with Turkey Bacon, Lettuce & Tomato Oatmeal Apple Juice Canned Pears Milk, Low fat 1%	Waffles Turkey Bacon Fiber One Cereal Pineapple Juice Banana Milk, Low Fat, 1%	Farmers Market Individual Omelets Raisin Bread Cereal Whole Wheat Bread Orange Pineapple Juice Pear Milk, Low Fat 1%
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	Cranberry Chicken Whole Wheat Bread Dominican Moro Beet Salad Orange Milk, Low Fat, 1%	<p align="center">CENTER CLOSED FOR NEW YEAR'S DAY.</p>	Meat Sauce over Smashed Red Potatoes Whole Wheat Bread Italian Cut Green Beans Orange Milk, Low Fat, 1%	Tender Pork Medallions with Rich Onion Sauce Brown Rice Cabbage Carrot Slaw Orange Milk, Low Fat, 1%	Baked Fish With Garlic Sauce With Ziti Whole Wheat Bread Baby Spinach Salad Canned Pineapple Milk, Low Fat, 1%
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	Chicken Rice Soup Baked Chicken Thighs With Light Basil Cream Sauce Whole Wheat Bread Baby Spinach Salad Orange Milk, Low Fat, 1%	<p align="center">CENTER CLOSED FOR NEW YEAR'S DAY.</p>	Vegetable Baked Ziti with Whole Wheat Pasta Whole Wheat Bread Mixed Green Salad Banana Milk, Low Fat, 1%	Basic Shepherd's Pie Whole Wheat Bread Lemony Cucumber And Tomato Salad Fruit Cocktail Milk, Low Fat, 1%	Tukey Cheeseburger On Whole Wheat Bun Vegetable Soup Pineapple Milk, Low Fat, 1%

WEEK 4	MONDAY 1/7	TUESDAY 1/8	WEDNESDAY 1/9	THURSDAY 1/10	FRIDAY 1/11
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Hard Boiled Egg Whole Wheat Mini Bagel with Cream Cheese or Jelly Oatmeal with Raisins Orange Pineapple Juice Orange Milk Low Fat, 1%</p>	<p>Cinnamon French Toast with Frozen Mixed Berries Turkey Bacon Oatmeal Pineapple Juice Orange Milk, Low Fat, 1%</p>	<p>Grilled Mozzarella and Tomato Sandwich Cheesy Grits Apple Juice Banana Milk, Low Fat, 1%</p>	<p>Scrambled Eggs with Swiss with Whole Wheat English Muffin Oatmeal with Raisins Pear Orange Juice Milk, Low Fat, 1%</p>	<p>Pancakes Turkey Sausage Patty Grits Apple Juice Apple Milk, Low Fat, 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Chicken Jambalaya With Yellow Rice Whole Wheat Bread Cucumber Chickpea Salad Orange Milk, Low Fat, 1%</p>	<p>Baked Macaroni and Cheese Roasted Broccoli Canned Pineapple Milk, Low Fat, 1%</p>	<p>Baked Pork Chops Fresh Tomato Salsa Whole Wheat Bread Baked Potatoes Prince Edward Blend Vegetable Banana Milk, Low Fat, 1%</p>	<p>Palak Spinach Chicken White Rice Creamy Spinach Canned Pears Milk, Low Fat, 1%</p>	<p>Sweet Orange Salmon with Tartar Sauce Brown Rice Whole Wheat Bread Asian Cabbage Apple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Curry Eggplant with Tomatoes Roasted Vegetable Couscous Butternut Squash Soup Apple Milk, Low Fat, 1%</p>	<p>Cheeseburger w/Onions on Whole Wheat Bun Vegetable Soup Smashed Red Potato Orange Milk, Low Fat, 1%</p>	<p>Cabbage And Chicken Soup Tuna Fish Salad or Egg Salad with Lettuce and Tomato Whole Wheat Hamburger Bun Tossed Salad Pear Milk, Low Fat, 1%</p>	<p>Minced Beef with Peas with Pasta Steamed Broccoli with Soy Sauce Sliced Canned Peaches Milk, Low Fat, 1%</p>	<p>BBQ Chicken Breasts with Whole Wheat Bread Garlicky Boiled Vegetable Baked Fries Orange Milk, Low Fat, 1%</p>

WEEK 5	MONDAY 1/14	TUESDAY 1/15	WEDNESDAY 1/16	THURSDAY 1/17	FRIDAY 1/18
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Waffles Turkey Sausage Link Oatmeal with Raisins and Almond Orange Juice Apple Milk, Low fat 1%</p>	<p>Scrambled Eggs with Swiss Raisin Bran Cereal Whole Wheat Bread Banana Orange Pineapple Juice Milk, lowfat, 1%</p>	<p>Pancakes Turkey Sausage Patty Bran Flakes Cereal Fruit Cocktail Apple Juice Milk, low fat,1%</p>	<p>Cinnamon French Toast Raisin Bran Cereal Orange Pineapple Juice Milk Low Fat,1%</p>	<p>Scrambled Eggs with Red Peppers and Onions Bran Flake Cereal with Dried Cranberry Whole Wheat Bread Pear Apple Juice Milk, Low Fat,1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Curried Chicken Breast Whole Wheat Bread Black Beans and Rice Boiled Southern Greens Orange Milk, Low Fat, 1%</p>	<p>Baked Pork Chops with Sweet and Sour Sauce Whole Wheat Bread Russian Tomato Salad Spiced Sweet Potatoes Apple Milk, Low Fat, 1%</p>	<p>Turkey Meatloaf with Mushroom Gravy with Rice Pilaf Steamed Peas and Carrots Grapes Milk, Low Fat, 1%</p>	<p>Garlic Chicken Meatballs with Ziti with Light Basil Cream Sauce Whole Wheat Bread Italian Cut Green Beans Orange Milk, low fat, 1%</p>	<p>Salmon Cakes with Dill Lemon Sauce Whole Wheat Bread Beet Salad Smashed Red Potatoes Canned Pineapple Milk, low fat, 1%</p>
<p><u>Dinner</u> Lettuce and Tomato Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Cheese Blintzes Challah Bread Cucumber Tomato Salad Creamy Mushroom Soup Apple Milk, Low fat, 1%</p>	<p>Baked Ziti with Meat Sauce Whole Wheat Bread Chickpea Salad and Tomatoes with Parsley Orange Milk, Low fat, 1%</p>	<p>Egg Drop Soup Chinese Style Spaghetti Chinese Style Steamed Cauliflower Banana Milk, Low Fat, 1%</p>	<p>Whole Wheat Cheese Pizza Cream of Spinach Soup Arugula Salad with Balsamic Vinegar Orange Milk, Low Fat, 1%</p>	<p>Cheeseburger w/Onions on Whole Wheat Bun Tossed Salad Baked Fries Grapes Milk, Low Fat, 1%</p>

WEEK 6	MONDAY 1/21	TUESDAY 1/22	WEDNESDAY 1/23	THURSDAY 1/24	FRIDAY 1/25
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>CENTER CLOSED FOR MARTIN LUTHER KING, JUNIOR DAY.</p>	<p>Pancakes Turkey Sausage Patty Raisin Bran Cereal Apple Orange Juice Milk, Low Fat, 1%</p>	<p>Hard Boiled Egg Turkey Bacon Whole Wheat Bread Banana Pineapple Juice Milk, Low Fat, 1%</p>	<p>Omelets with Peppers and Onions Turkey Bacon Whole Wheat Bread Raisin Bran Cereal Orange Orange Pineapple Juice Milk, Low Fat, 1%</p>	<p>Grilled Mozzarella and Tomato Sandwich Maypo Pear Apple Juice Milk, Low Fat, 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>		<p>Meat Sauce with Chunky Peppers in Tomato Sauce with Bowtie Pasta Tangy Green Beans Fruit Cocktail Milk, Low Fat, 1 %</p>	<p>Spaghetti Carbonara with Green Peas with Tukey Bacon Creamed Spinach Orange Milk, Low Fat, 1%</p>	<p>Baked Chicken Breast with Diced Pineapple Sauce with Cuban Style Brown Rice Lemon Garlic Escarole Pear Milk, Low fat, 1%</p>	<p>Salmon in Garlic Butter Sauce with Brown Rice with Beans California Blend Vegetables Canned Pineapple Milk, Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>		<p>Creamy Beef and Mushroom Sauce with Whole Wheat Bread Vegetable Soup Homemade Mashed Potatoes Pineapple Milk, Low Fat, 1%</p>	<p>White Bean Soup Arroz Con Pollo– Chicken Breast and Rice Italian Blend Vegetables Orange Milk, Low Fat, 1%</p>	<p>Deli Roast Beef with Brown Gravy Whole Wheat Bread Normandy Blend Pineapple Milk, Low Fat, 1%</p>	<p>Spanish Chicken with Potatoes and Garlic Whole Wheat Bread Yellow Squash Orange Milk, Low Fat, 1%</p>

WEEK 1	MONDAY 1/28	TUESDAY 1/29	WEDNESDAY 1/30	THURSDAY 1/31	FRIDAY 2/1
<p><u>Breakfast</u> Served 8:30am-10:00am -Suggested Contribution of \$1.00 -Guests under 60 are required to pay \$1.50 -Tickets available 7:30am to 9:55am</p>	<p>Hard Boiled Egg Turkey Sausage Patty Whole Wheat Mini Bagel Oatmeal Apple Apple Juice Milk Low Fat, 1%</p>	<p>Cinnamon French Toast Turkey Bacon Oatmeal Orange Juice Banana Milk, Low Fat 1%</p>	<p>Waffles Turkey Bacon Oatmeal Orange Pineapple Juice Apple Milk, Low fat 1%</p>	<p>Scrambled Eggs with Swiss Mayo Whole Wheat Bread Pear Pineapple Juice Milk, Low Fat 1%</p>	<p>Pancakes Turkey Sausage Patty Frozen Mixed Berries Apple Juice Baked Apple Milk, Low Fat 1%</p>
<p><u>Lunch</u> Served 12:00-1:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 10:30am to 12:55pm</p>	<p>Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Mixed Vegetables Garlic Mashed Potatoes Orange Milk Low Fat, 1%</p>	<p>Baked Chicken Breast with Yogurt Brown Rice Steamed Broccoli Pear Milk Low Fat, 1%</p>	<p>Vegetable Lasagna Whole Wheat Bread Tossed Salad Banana Milk, Low Fat, 1%</p>	<p>Oven Fried Chicken Brown Rice With Mushrooms Prince Edward Blend Vegetables Pineapple Milk Low Fat, 1%</p>	<p>Home Made Fish Cake Whole Wheat Bread Yellow Rice Oriental Blend Vegetable Banana Milk Low Fat, 1%</p>
<p><u>Dinner</u> Served 5:00pm-6:00pm -Suggested Contribution of \$1.50 -Guests under 60 are required to pay \$3.00 -Tickets available 3:30pm to 5:50pm</p>	<p>Baked Turkey Breast Whole Wheat Mini Bagel Broccoli and Potato Soup Lettuce & Tomato Salad Apple Milk Low Fat, 1%</p>	<p>Cheese Blintzes Challah Bread Carrot & Raisin Salad Orange Milk Low Fat, 1%</p>	<p>Mexican Style Chicken Thighs and Rice Whole Wheat Dinner Roll Beet Salad with Yogurt - Dressing Orange Milk Low Fat, 1%</p>	<p>Cheese Ravioli with Tomato Sauce Whole Wheat Bread Cucumber Dill Salad Baked Apple Milk Low Fat, 1%</p>	<p>Deluxe Cheeseburger with Onions Hamburger Bun, Whole Wheat Tossed Salad Mashed Sweet Potatoes Canned Pineapple Milk Low Fat, 1%</p>