


	Tuesday	Wednesday	Thursday	Friday	
	1 Pork Loin w/ Gravy Black eyed Peas Southern Style Spinach Orange High Fiber Cookie Milk	2 Beef Chimichanga Salsa Vegetable Soup Spanish Rice Peas & Carrots Apple Milk	3 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk	4 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Roll Pear Sugar cookie Milk	
	7 Riblettes Baked Beans Potato Salad Applesauce Whole Grain Roll Milk	8 Ham Salad on Croissant Cream of Mushroom Soup Spinach Mandarin Salad Strawberries High Fiber Cookie Milk	9 Pork Pot Roast w/ Onion Celery Carrots Potato Medley Caesar Salad Orange Milk	10 Beef Teriyaki Brown Rice Peas Asian Cabbage Slaw Apple Milk	11 Baked Cod Olympia Potato Medley Italian Vegetables Roll Pear Milk
	14 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Peaches Chocolate Pudding Milk	15 Baked Ham Sweet Potatoes Broccoli Pear Oatmeal Raisin Cookie Milk	16 Beef Burrito/Green Enchilada sauce SW Black Beans Spanish Rice Pineapple Orange Compote Raisin Nut Cup Milk	17 Honey Curry Chicken Wild & Brown Rice Green Beans Carrot Raisin Salad Strawberries Spice Cake Milk	18 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Pickled Beet & Onion Salad Orange M&M Choc. Chip Cookie Milk
	21 Connections Café Closed Martin Luther King Holiday	22 BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie Milk	23 Pico Lime Cod Baby Baker Potatoes Carrots Coconut Crunch Salad High Fiber Cookie Milk	2024 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries, Milk	25 Meatball Sub Vegetable Soup Cauliflower Orange Milk
	28 Baked Ziti w/ Sausage & Marinara Green Beans Caesar Salad Spiced Peaches Raisin Nut Cup Milk	29 Breaded Chicken Sandwich w/ Lettuce & Tomato Spinach Mandarin Salad Orange Peanut Butter Cookie Milk	30 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce Milk	31 BBQ Chicken Baked Potato Soup Peas & Carrots 3 Bean Salad Apple Milk	Meals are partially funded by the Pikes Peak Area Agency on Aging

MAKE A RESERVATION BY CALLING 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE YOU STATE THE SITE LOCATION WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE.