

# Lexington

## Meals on Wheels

# LUNCH MENU

# Monthly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Pork BBQ 1/3 c Wheat Bun Coleslaw 1/2 c Tropical Fruit 1/4 c Side Salad Jc 2% Milk 8oz	Grilled Chicken Breast 3oz Baked Sweet Potato 1/2 Green Beans 1/2 c Baked Apples 1/2 c Wheat Bread (2) 2% Milk 8oz	Black Eye Peas 1/2 c Whole Grain Rice le Carrot, Squash, Green Beans 1/2 c Peaches 1/4 c VB Juice 2% Milk 8oz	Beef Tips 3oz Whole Grain Noodles le Carrots 1/2 c Banana 2% Milk 8oz	Chicken -n- Dumplings le Peas 1/2 c Apple Side Salad Jc Wheat Roll 2% Milk 8oz
Turkey 3oz w/Gravy Cornbread S, uffr, g le Beets 1/2 c Dark Sweet Cherries 1/2 c VB Juice 2% Milk 8oz	Black Beans 1/2 c 10" Wheat Tortilla Side Salad 1c Carrots 1/2 c Apple 2% Milk 8oz	Ravioli w/Meat Sauce 4oz Carrots, Broccoli, Cauliflower 1/2 c Mandarin Oranges 1/2 c Whole Grain Garlic Bread Side Salad Jc 2% Milk 8oz	Chicken Broccoli Casserole 1c Whole Grain Noodles le Carrot, Squash, Green Beans 1/2 c Pineapple 1/4 c 2% Milk 8oz	Cube Steak & Gravy 2x4" Whole Grain Rice le Peas 1/2 c Grapes 1/4 c V-8 Juice 2% Milk 8oz
Roast Pork Loin 3oz Sweet Potato Patty Succotash 1/2 c Escalloped Apples 1/2 c Wheat Bread (2) 2% Milk 8oz	Meat Loaf 3x3" Mac-n-Cheese 1/2 c Broccoli 1/2 c Peaches 1/4 c Wheat Roll VB Juice 2% Milk 8oz	Roast Beef 3oz Whole Grain Noodles 1 c Carrot, Squash, Green Beans 1/2 c Apple Side Salad Jc 2% Milk 8oz	Kidney Beans 1/2 cup Whole Grain Rice 1c Carrots, Broccoli, Cauliflower 1/2 c Orange Side Salad Jc 2% Milk 8oz	Chicken Breast w/Gravy 3oz Parsley Potatoes 1/2 c Peas 1/2 c Dark Sweet Cherries 1/2 c Wheat Bread (2) 2% Milk 8oz
Meat Lasagna 4x4" Carrot, Squash, Green Beans 1/2 c Whole Grain Garlic Bread Peaches 1/4 c Side Salad Jc 2% Milk 8oz	Pinto Beans 1/2 c Cabbage 1/2 c Stewed Tomatoes 1/2 c Cornbread 2x2" Grapes 1/4 c 2% Milk 8oz	Stuffed Chicken Breast 4oz Whole Grain Noodles le Green Beans 1/2 c Pineapple 1/4 c Side Salad Jc 2% Milk 8oz	Pork Chop 3oz Whole Grain Rice le Carrots, Broccoli, Cauliflower 1/2 c Mandarin Oranges 1/4 c VB Juice 2% Milk 8oz	Grilled Fish 3oz Baked Beans 1/2 c Beets 1/2 c Wheat Bun Fruit Salad 1/4 c 2% Milk 8oz