



Monday	Tuesday	Wednesday	Thursday	Friday
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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

Menu items subject to change due to availability.

<p>5 Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</p>	<p>6 Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk</p>	<p>7 Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</p>	<p>1 Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk</p>	<p>2 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p>
<p>12 Fish Sandwich Baked French Fries Cole Slaw Pineapple Slices Skim Milk</p>	<p>13 Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk</p>	<p>14 Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Salad Fruited Gelatin Skim Milk</p>	<p>8 Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk</p>	<p>9 Taco Salad Black Bean and Corn Salad Garnish Watermelon Slice Skim Milk</p>
<p>19 Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk</p>	<p>20 Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p>21 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>15 Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk</p>	<p>16 Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk</p>
<p>26 Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>27 Turkey Tetrazzini Green Beans w/Mushrooms Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk</p>	<p>28 Baked Stuffed Chicken Breast Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>22 Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p>23 Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk</p>
<p>30 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk</p>	<p>30 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk</p>	<p>29 Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p>30 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk</p>	<p>30 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk</p>