

## (816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

| MONDAY                                                                                                                           | TUESDAY                                                                                                                                                          | WEDNESDAY                                                                                                                   | THURSDAY                                                                                                                                                        | FRIDAY                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Fish (Breaded)<br>Country Blend<br>Cloeslaw w Vin.Dress.<br>Tropical Fruit Mix<br>Mac & Cheese<br>Tartar Sauce       | <b>4</b><br>Beef Pattie<br>Cheese Amer.<br>Salad Tom/Car<br>Steak Fries<br>Banana<br>HamBBun (W/G)<br>French Dressing                                            | <b>5</b><br>BBQ Chicken<br>Carrots<br>Southwestern Salad<br>Apples Roasted<br>HamBBun (W/G)                                 | <b>6</b><br>Egg-Omelet<br>Turkey Sausage Patty<br>Potatoes Roasted<br>Applesauce<br>Biscuit (W/G)<br>Jelly<br>Yogurt                                            | <b>7</b><br>Beef Hot Dog<br>Baked Beans<br>Carrot Raisin Salad<br>Watermelon<br>Hot Dog Bun (WG)                                              |
| <b>10</b><br>Chicken Breast<br>Seasoned<br>Broccoli Rice AG<br>Carrots<br>Tropical Fruit Mix<br>Wheat Bread                      | <b>11</b><br>Mexican Taco Salad<br>Shredded Cheddar<br>Lettuce/D Tomatoes<br>Pinto Beans<br>Orange<br>Nacho Corn Chips<br>Taco Sauce                             | <b>12</b><br>Fish (Battered)<br>Coleslaw-creamy<br>Sweet Potatoes<br>Tropical Fruit Mix<br>White WG Bread                   | <b>13</b><br>Bar-BQ Beef<br>Potato Salad<br>Calif. Blend<br>Banana<br>Ham. B Bun (W/G)                                                                          | <b>14</b><br>Chicken Salad<br>Salad Tom./Carrots<br>Cucumber /Onion Salad<br>Apple<br>Wheat Bread<br>Ranch Dressing                           |
| <b>17</b><br>Meatloaf<br>Gravy (Brown)Low So.<br>Fiesta Vegetables<br>Mashed Potatoes<br>Pears/Strawberries<br>Wheat Dinner Roll | <b>18</b><br>Chicken Parmesan<br>Penne pasta (w/g)<br>Broccoli<br>Salad/Tom/Car<br>Banana<br>WG Wht Bread                                                        | <b>19</b><br>Tuna Salad<br>Sesame Pea Salad<br>Potato Salad<br>Banana<br>Rye Bread                                          | <b>20</b><br>Chicken<br>Diced/Seasoned<br>Chddr Cheese -RF<br>Salad Tom/Carrots<br>Chuckwagon Corn<br>Apples (Stewed)<br>Tortilla Whole Wheat<br>Ranch Dressing | <b>21</b><br>Sloppy Joe's<br>Potato Salad<br>Scandnav. Veggies<br>Peaches & Strawbry<br>HamBBun (WG)                                          |
| <b>24</b><br>Beef-Mac<br>Casserole Green<br>Beans Vanilla<br>Wafers Banana<br>Pudding Pears<br>Wheat Bread                       | <b>25</b><br>Chicken Strips<br>Sweet Potato Wedges<br>Salad Tom/Carrots<br>Orange<br>Multigrain Bread<br>Graham Crackers<br>French Salad Drsng.<br>Honey Mustard | <b>26</b><br>Chicken Fried Steak<br>Gravy(country)LS<br>Mashed Potatoes<br>Green Beans<br>Citrus Fruit Mix Wheat<br>Roll/WG | <b>27</b><br>Turkey-Deli<br>Swiss Cheese<br>Salad/Tom/Car<br>Potato Salad<br>Orange<br>White Bread (W/G)<br>French Dressing                                     | <b>28</b><br>Chicken Oven Fried<br>Gravy (LS Chicken)<br>Mashed Potatoes<br>Green Beans<br>White Cake<br>Stwbr. Ice Cream<br>White (WG) Bread |
| <b>31</b><br>Chicken Breast Seas.<br>Potatoes AG<br>Broccoli<br>Pineapple/man-o-mix<br>Shortbread Cookies                        |                                                                               |                                          |                                                                             |                                                          |

Menu is subject to change; substitutions may be made if approved by dietician.

\* Margarine & 1% Milk served w/all meals