

**Seneca Nutrition Center
SABETHA NUTRITION**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Hot Chicken Roll	Bun	
				Parsley Sliced Carrots	Mashed Potato	
				Strawberries & Bananas	Sauerkraut	
				Cookies	Cheesy Broccoli	
					Cherry Square Dessert	
4	5	6	7	8	9	10
	Meat Loaf	Spaghetti	Roast Turkey	Chicken and Rice Soup	Baked Tlalapa	
	Roll	Bread Sticks	ww Bread	Crackers	ww Roll	
	Loaded Mashed Potato	Lettuce Salad w/sunflower seeds	Sweet Potatoes	Kolache	Mashed Potatoes	
	Baked Beans	Baked Apples	Cream Peas	Carrots	Scandinavian Veg.	
	Pineapple Chunks		Tropical Fruit	Fruit Cup	Apricots	
			Pumpkin Bars			
11	12	13	14	15	1	17
	Chicken Tetrazzini	Hamburger Beef Soup	Breaded Baked Chicken	Ham&Potatoe Soup	6	
	Noodles	Crackers	ww Roll	Cornbread / Crackers	Fish sticks	
	ww Bread	Raisin Bread	Scalloped Potatoes	Pea Salad	Blueberry Muffin	
	Peas and Carrots	Zesty Broccoli Salad	Italian Vegetables	Fruit Cup	Chuckwagon Corn	
	Mandarin Oranges	Sliced Peaches	Strawberry Shortcake		Fruit Cup	
	Peanut butter Cookie					
18	19	20	21	22	23	24
	Salisbury Steak	Creamy Chicken /	Chili Soup	Roast Beef	Baked Tlalapa	
	ww Roll	Cheddar Rice Cass.	Cinnamon Roll	ww Bread	Roll	
	Mashed Potatoes	Garlic Bread Stick	Spaghetti Salad	Mashed Potatoes	Baked Potato	
	California Blend w/	Sante Fe Blend	Fruit Cup	Green Beans	Winter Mix w/sunflower seeds	
	Sunflower seeds	Orange Creamsicle		Butterscotch Pudding	Cup Cake	
	Plums	Salad		Sliced peaches	Chunked Pineapple	
25	26	27	28	29	30	31
	Hamburger Strogonoff	Fish Sandwich	Chicken Alfredo	Chicken Cheesy Feista	Ham and Bean Soup	
	w/ Noodles	Bun	Noodles	Cass. W/ Lettuce Salad	Cornbread / Crackers	
	ww Bread	Potato Wedges	ww Roll	Tortilla Chips	Layered Salad	
	Cheesy Broccoli	Harvard Beets	Sliced Carrots	Chuckwagon Corn	Mandarin Oranges	
	Pineapple Dessert	Sprinkled Pears	Strawberry Bars	Berries and Cream Salad		
			To call for a reservation call by 8:00 a.m.			
				To cancel a reservation call by 8:00 a.m.		