



# Menu

1% Milk Served With Each Meal

## Peanut Butter Energy Bites (loaded with healthy fats, fiber & protein)

- 2/3 cup creamy peanut butter
- 1/2 cup semi-sweet chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons honey

<http://chefsavvy.com/5-ingredient-peanut-butter-energy-bites>

### Directions:

Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to a week.

Please call **687-4640** when you will not be home to receive your home delivered meal.

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>1</u>
				SLICED HAM WHEAT BREAD POTATO SOUP MIXED FRUIT SALTINES MAYO
<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
BEAN SOUP CREAMY COLE SLAW CORN BREAD MARGARINE TROPICAL FRUIT	BEEF FRANK WHOLE GRAIN BUN ROASTED POTATOES GREEN BEANS BAKED APPLES MUSTARD	PORK ROAST STUFFING CALIFORNIA BLEND VEGETABLE WHOLE WHEAT BREAD MARGARINE CHILLED YOGURT	BREADED PORK CHOP SWEET POTATOES PEAS & CARROTS WHEAT BREAD MARGARINE FRUIT CRISP	CHICKEN TETRAZZINI 6 oz. ITALIAN BLEND VEGETABLES WHEAT BREAD PINEAPPLE CAKE MARGARINE
<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
HAM SALAD 2 oz. WHITE BREAD VEGETABLE SOUP SALTINES MANDARINE ORANGES	BREADED CHICKEN PATTY WHEAT BREAD BRUSSELS SPROUTS HOMINY MIXED FRUIT MAYO	SLICED HAM WHEAT BREAD POTATO SOUP SALTINE PINEAPPLE MAYO	CHICKEN BROCCOLI CASSEROLE SLICED CARROTS ROLL MARGARINE BIRTHDAY CAKE	PINTO BEANS 6oz BUTTERED CORN MIXED GREENS CORNBREAD MARGARINE PEARSAUCE VINEGAR
<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
<b>No Meals</b> 	MEATLOAF PARSLEY POTATOES CABBAGE & CARROTS MARGARINE DINNER ROLL SLICED PEACHES	HEARTY CHILI TOSSED SALAD / SALAD DRESSING WHEAT CRACKERS 3 PKG FRESH APPLE	POLISH SAUSAGE BLACK EYED PEAS SAUERKRAUT WHOLE GRAIN BUN MIXED FRUIT MUSTARD	TURKEY & GRAVY SLICED CARROTS WHIPPED POTATOES WHEAT BREAD MARGARINE CUP RAISINS
<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	
BBQ CHICKEN STEAMED CABBAGE BAKED SWEET POTATO MARGARINE PUDDING WHOLE GRAIN BUN	HARVEST VEGETABLES SOUP WHEAT CRACKERS 3pk COTTAGE CHEESE 3oz DICED PEACHES SALTINE CRACKERS	Turkey Tetrazzini 6 oz STEAMED BROCCOLE DINNER ROLL RAISINS MARGARINE	SLAISBURY STEAK WITH GRAVY NORTHERN BEANS BRUSSELS SPROUTS DINNER ROLL MARGARINE CUP FRUIT CRISP	

Enjoy Lunch with a Friend at  
One of Our 6 Nutrition Sites!

Donations help provide additional meals at each congregated site. **The Suggested Donation is \$1.50 for meals.** The total cost of the meal is \$4.93. Anyone under the age of 60 who is not a spouse or dependent of a participant must pay full amount and wait to be served until all participants receive their meals

Enjoy lunch at one of Daviess County's Nutrition

### Sites:

Adams Village:	M, W, F at 11:30 am
M.A.C.:	M - F at 11:15 am
Park Regency:	M, W, Th at 11:30 am
Roosevelt II:	M, W, F at 11:30 am
Whitesville:	T - F at 11:30 am