



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Do you or your loved ones have Medicare? Shiip can help if you have questions. 1- 855- 408-1212 www.ncshiip.com</p>			1– Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Juice, Cornbread, Marg, Milk	2– Beef Stew, Steamed Rice, Seasoned Green Beans, Vegetables in Stew, White Bread, Juice, Milk
5– Sliced Ham, Yogurt (low fat), Grits, Spiced Peaches, Juice, English Muffin, Jelly, Marg, Milk	6– Chicken Pomodoro, Green Peas, Italian Blend Vegetables, White Dinner Roll, Orange, Marg, Milk	7– Sliced Roasted Turkey, Poultry Gravy, Mashed Potatoes, Mixed Vegetables, Peaches, Whole Wheat Bread, LD Gingerbread Man, Milk	8– Swiss Style Beef Patty, Steamed Rice, Juice, Carrots w/Ginger, White Dinner Roll, Cake, Milk	9– Chicken w/Paprika Cream Sauce, Mashed Potatoes, Steamed Spinach, Cornbread, Pineapple Tidbits, Milk
12– Meatballs w/Marinara Sauce, O’Brien Potatoes, Baked Beans, Mandarin Oranges, Hot Dog Bun, Milk	13– Pork Ribblett, BBQ Sauce, Whipped Sweet Potatoes, Juice, Lima Beans w/Red Peppers, Hamburger Bun, Pickles, Milk	14– Beef Macaroni w/Tomato, Orange, Steamed Spinach, Whole Wheat Bread, Juice, Milk	15– Rotisserie Style Chicken Thigh, Seasoned Turnip Greens, Smothered Potatoes, Yeast Roll, Pineapple Tidbits, Milk	16– A-1 Chopped Steak, Brown Gravy, Mashed Potatoes, Green Peas, White Bread, Tropical Mixed Fruit, Milk
19– Chicken Hearty Stew, Black-eyed Peas, Escaloped Spiced Apples, Whole Wheat Bread, Juice, Milk	20– Hamburger, American Cheese, Baked Beans, Lettuce&Tomato, Hamburger Bun, Peach Cobbler, Ketchup, Milk	21– Peach-Orange BBQ Chicken, Macaroni & Cheese, Juice, Carrots, White Dinner Roll, LD Fudge Round, Milk	22– Peanut Butter Jelly, Beef Vegetable Soup, Broccoli, White Bread, Apple Crisp, Milk	23– BBQ Chopped Pork, Baked Beans, Pickled Beets, Hamburger Bun, Juice, Milk
26– Chicken Fettuccine, Italian Squash, Carrots, Rye Bread, Marg, Milk	27– Hot Dog w/Chili, Ranch Beans, Confetti Cole Slaw, Hot Dog Bun, Peach Crisp, Milk	28– Baked Spaghetti Casserole, Green Peas, Green Garden Salad, Texas Toast, Escaloped Spiced Apples, FF Ranch,, Milk	29- Sliced Ham, Black-eyed Peas, Seasoned Collard Greens, Juice, Cornbread, Marg, Milk	30– Baked Chicken (Bone-in), Wild Rice Blend, Brussels Sprouts, Juice, White Dinner Roll, Mandarin Orange Ambrosia, Milk