

OCONEE COUNTY SENIOR CENTER - 3500B Hog Mountain Rd Watkinsville (706) 769-3979

Menus and Menu Items are subject to change or cancellation after printing.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*** Alternate Entrée for the month is a Peanut Butter & Jelly Sandwich. The alternate entrée meal <u>requires</u> a 2-day advanced reservation using the pink reservation ticket and placed in the donation box.</p> <p>7 <u>Breaded Baked Cod</u> Whole Wheat Bun 4 oz. Sweet Potato Wedges 4 oz. Coleslaw 4 oz. Mandarin Oranges Milk/Milk Substitute</p>	<p>1</p> <p>Closed</p> <p>8 <u>Brown Sugar Ham</u> 4 oz. Turnip Greens 4 oz. Roasted Root Vegetables Corn Bread w/Margarine 4 oz. Fruit Cocktail Milk/Milk Substitute</p>	<p>2 <u>Turkey & Cheese Sandwich</u> Sliced Tomato and Lettuce 4 oz. Marinated Bean Salad 4 oz. Peaches 1 pkg. Graham Crackers Milk/Milk Substitute</p> <p>9 <u>Chicken Fingers</u> 4 oz. Tater Tots 4 oz. Tomato/Cucumber Salad Banana Milk/Milk Substitute</p>	<p>3 <u>Baked Pork Chop</u> 4 oz. Baked Sweet Potato 4 oz. Steamed Broccoli 4 oz. Pears Milk/Milk Substitute</p> <p>10 <u>Roast Beef w/Gravy</u> 4 oz. Green Beans 4 oz. Mashed Potatoes Dinner Roll w/Margarine 4 oz. Carrot Raisin Salad Milk/Milk Substitute</p>	<p>4 <u>BBQ Chicken Boneless Thigh</u> 4 oz. Turnip Greens 4 oz. Black-Eyed Peas Cornbread w/Margarine Banana Milk/Milk Substitute</p> <p>11 <u>Broccoli & Cheddar Soup</u> Grilled Chicken Caesar Salad 1.5 oz. Salad Dressing 4 Whole Wheat Crackers 4 oz. Peaches Milk/Milk Substitute</p>
<p>14 <u>Smothered Chicken</u> 4 oz. Brown Rice 4 oz. Green Beans 4 oz. Parslied Carrots 4 oz. Pears Milk/Milk Substitute</p>	<p>15 <u>Taco Salad- Spiced Turkey Meat w/Shredded Cheese & Sour Cream</u> Lettuce & Tomato 4 oz. Black Bean/ Corn Relish Banana Milk/Milk Substitute</p>	<p>16 <u>Hot Dog/Whole Wheat Bun</u> 4 oz. Baked Beans 4 oz. Tater Tots 4 oz. Peaches Milk/Milk Substitute</p>	<p>17 <u>Cheese Ziti</u> 4 oz. Italian Green Beans 4 oz. Mixed Green Salad w/Spinach 1.5 oz. Light Dressing 4 oz. Fresh Mixed Fruit Salad Milk/Milk Substitute</p>	<p>18 <u>Lemon Pepper Chicken</u> 4 oz. Wild Rice Blend 4 oz. Squash Blend Vegetables Fresh Mandarin Orange Milk/Milk Substitute</p>
<p>21 <u>Sloppy Joe Meat Sauce on Whole Wheat Bun</u> 4 oz. Broccoli Salad 4 oz. Whole Kernel Corn 4 oz. Peaches Milk/Milk Substitute</p>	<p>22 <u>Buttermilk Roast Chicken</u> 4 oz. English Peas 4 oz. Baked Sweet Potato 4 oz. Low Fat Yogurt w/Berries</p>	<p>23 <u>Chicken Salad Sandwich</u> Whole Wheat Bun Lettuce/Tomato 4 oz. Pasta Salad Banana 1 pkg. Animal Crackers Milk/Milk Substitute</p>	<p>24 <u>Pork Roast w/ Gravy</u> 4 oz. Oven Roasted Red Potatoes w/Red & Yellow Bell Peppers 4 oz. Brussel Sprouts 4 oz. Fresh Mixed Fruit Salad Milk/Milk Substitute</p>	<p>25 <u>Baked Salmon</u> 4 oz. Apple, Cranberry, Spinach Salad with Toasted Almonds 4 oz. California Vegetables 1.5 oz. Light Dressing Roll/Margarine Milk/Milk Substitute</p>
<p>28 <u>Tomato Bisque</u> Mixed Veggie Salad w/Spinach 4 oz. Grilled Chicken 1.5 oz. Lite Dressing 4 Whole Wheat Crackers Banana Milk/Milk Substitute</p>	<p>29 <u>Smothered Chicken w/ Creamed Spinach, Bacon & Mushrooms over</u> 4 oz. Brown Rice 4 oz. Prince Edward Island Veggies 4 oz. Peaches Milk/Milk Substitute</p>	<p>30 <u>¼ lb. Hamburger w/Cheese</u> Whole Wheat Bun Sliced Tomato and Lettuce Low Sodium Potato Chips Pickle Spear 4 oz. Pineapple Tidbits Milk/Milk Substitute</p>	<p>31 <u>Egg & Cheese Omelet</u> 4 oz. Cheesy Grits 3 oz. LS Sausage Patty 2 oz. Biscuit/Margarine 4 oz. Orange Juice Milk/Milk Substitute</p>	