

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>			<p>1</p> <p>South Western Chicken Peas & Carrots 3 Bean Salad WW Roll Orange</p>	<p>2</p> <p>Goulash Green Beans Salad w/ Dressing WW Bread Apple</p>
<p>5</p> <p>Pepper Steak Brown Rice Lima Beans Dinner Roll Strawberries</p>	<p>6</p> <p>Jerk Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Coleslaw Apple</p>	<p>7</p> <p>Cod Piccata Wild & Brown Rice Broccoli Mandarin Orange High Fiber Cookie</p>	<p>8</p> <p>Pork Pot Roast w/ Onion Celery Carrots Potato Medley Orange</p>	<p>9</p> <p>Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup</p>
<p>12</p> <p>Mushroom Ravioli w/ Marinara Broccoli Salad w/Dressing Diced Pears Raisin Nut Cup</p>	<p>13</p> <p>Chicken Salad Sandwich on Croissant Tomato Basil Bisque High Fiber Cookie Orange</p>	<p>14</p> <p>Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Coleslaw Tropical Fruit Roll</p>	<p>15</p> <p>Slow Roasted Beef Mashed Potatoes Peas Carrot Raisin Salad Apple</p>	<p>16</p> <p>Bratwurst Cabbage & Carrots Potato Salad WW Bread Banana WW M&M Cookie</p>
<p>19</p> <p>Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple</p>	<p>20</p> <p>Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream & Salsa Tortillas Spanish Rice SW Black Beans Strawberries</p>	<p>21</p> <p>BLT Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Sugar Cookie</p>	<p>22</p> <p>Meatloaf w/ Gravy Mashed Potato Peas and Carrots Three Bean Salad Orange</p>	<p>23</p> <p>Breaded Catfish Wild & Brown Rice Peas Spinach Mandarin Salad Banana</p>
<p>26</p> <p>Sloppy Joe Carrots Coleslaw Pineapple Sugar Cookie</p>	<p>27</p> <p>Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Mexican Corn SW Black Beans Peaches</p>	<p>28</p> <p>Tuna Salad Croissant Chickpea Soup Sunflower Broccoli Salad Apple</p>	<p>29</p> <p>Meatballs w/ Marinara Pasta Broccoli WW Roll Strawberries</p>	<p>30</p> <p>Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup</p>