



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JOIN US FOR LUNCH! Lunch is served at OPC Mon - Fri at NOON Reservations required - Call 248.659.1032 by 11 am the day prior COST: 60 & over - \$4 donation Under 60 - \$5 charge			1 Pizza Supreme Three Bean Salad Creamy Cole Slaw Red Apple Cookie	2 Rosemary Chicken Breast Wild Rice Roasted Brussels Sprouts Garden Salad Peaches/Bread
5 Stuffed Green Pepper Roasted Potatoes Carrots Apple Breadstick	6 Chicken Kiev Red Skin Potatoes Capri Blend Vegetable Orange Sections Bread	7 Pub Burger Lettuce/Tomatoes Cucumber Salad Red Grapes	8 Tuna Tetrazzini Broccoli Cuts Garden Salad Peach Halves Bread	9 Pork Patty Sweet Potatoes Mixed Vegetables Banana Dinner Roll
12 Vegetable Lasagna Zucchini Cole Slaw Grapes Whole Wheat Bread	13 Spaghetti w/Meat Sauce Italian Vegetable Cucumber & Tomato Salad Peaches Garlic Bread	14 BBQ Chicken Broccoli Salad Potato Salad Banana Bun	15 Beef Stew w/Vegetables Cole Slaw Apple Corn Bread	16 Turkey Breast w/Gravy Sliced Potatoes Steamed Spinach Cabbage Slaw Apple Crisp
19 Baked Pork Chop Scalloped Potatoes Mixed Vegetables Apple Slaw Fresh Pear Bread	20 Smothered Chicken Breast Chive Potatoes European Blend Fruit Surprise Whole Wheat Bread	21 Tuna Tetrazzini Cole Slaw Green Beans Orange Wheat Bread	22 Oven Baked Fish Potato Wedges Broccoli Cuts Banana Bread	23 Pizza Supreme Three Bean Salad Garden Salad Red Apple Chocolate Chip Cookie
26 Stuffed Cabbage Rosemary Potatoes Carrots Salad Peach Slices Bread	27 Meatloaf w/Gravy Oven Browned Potatoes Garden Salad Mexican Corn Fruit Salad Wheat Roll	28 Ham Low Sodium Scalloped Potatoes Capri Blend Tapioca Pudding w/Fruit Breadstick	29 Chicken Cutlet w/Gravy Roasted Potatoes Mixed Vegetable Apple Bread	30 Tuna Pasta Salad Shredded Lettuce Pickled Beets Fresh Orange Mini Muffin

OPC | 650 Leticia Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of AgeWays is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. Contact information: www.AgeWays.org • 1.800.852.7795

--- Meals are subject to change based on availability ---