

Meals are Subject to Change

\$5.00-\$8.40
(Suggested Donation)
Per Meal



216 3rd St. N.W. Bemidji, MN 56601

Office #: 444-3987

Monday		Tuesday		Wednesday		Thursday		Friday	
								1 BBQ pork on a bun Creamy cucumber salad Pineapple dessert Low Fat Milk	
4		5		6		7		8	
Happy 4th of July closed		Ham and Turkey chef salad Bread stick Fresh orange Dessert Low Fat Milk		Goulash Corn Tropical fruit Bread/margarine Low Fat Milk		Brat Mash Potatoes w/ margarine Sauerkraut Bread/w margarine Dessert Low Fat Milk		Sloppy Joe on a bun Cheesy hashbrown Baked beans Peaches Dessert Low Fat Milk	
11		12		13		14		15	
Chicken fries steak Mash potatoes w/gravy Italian Blend Dinner roll w/margarine Dessert Low Fat Milk		Ham Cooked Cabbage Carrots Dinner roll w/ margarine Dessert Low Fat Milk		Tuna pasta salad Tomato wedges Pears Dessert Low Fat Milk		Meatloaf Au gratin potatoes Italian blend Dessert Low Fat Milk		Turkey and cheese sandwich Lettuce salad w/dressing Peaches Dessert Low Fat Milk	
18		19		20		21		22	
Salisbury steak Mashed potatoes w/gravy Green beans Dinner roll w/margarine Dessert Low Fat Milk		Baked Chicken Baked potato w/sour cream Peas Bread w/margarine Dessert Low Fat Milk		Taco salad Salsa/sour cream Corn chips Apple Dessert Low Fat Milk		Chicken salad on a Croissant Coleslaw Tropical Fruit Dessert Low Fat Milk		Smothered pork loin Scalloped potatoes Corn Bread w/margarine Dessert Low Fat Milk	
25		26		27		28		29	
Turkey & gravy over Mash Potatoes Peas and carrots Dinner roll w/margarine Warm fruit crisp Low Fat Milk		Tater tot casserole Green beans Warm peaches Dinner roll w/margarine Dessert Low Fat Milk		Ham pasta salad Creamy cucumbers Cantaloupe Dessert Low Fat Milk		Sweedish Meatballs Scalloped potatoes Carrots Bread w/margarine Dessert Low Fat Milk		Baked Fish Rice Pilaf Oriental Blend Warm apple slices Low Fat Milk	