





	Exercise 22 DAY Exercises		W = ==+.	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 CHICKEN GRAVY OVER	LASAGNA,	CABBAGE ROLLS,	
CHICKEN WINGS	MASHED POTATOES,	GARDEN SALAD,	CORN,	Happy Lith, T
& ONION RINGS	CORN, & DINNER ROLL	& DINNER ROLL	& DINNER ROLL	વિત્તાના માના મુખ્યાનું માના માના માના માના માના માના માના માન
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 8		9	10	11
TURKEY TETRAZZINI, GREEN BEANS, & DINNER ROLL	CHICKEN ALFREDO, CORN, & DINNER ROLL	LOADED ROTINI W/MEAT SAUCE, GARDEN SALAD, & DINNER ROLL	CHICKEN CASSEROLE, CORN, & DINNER ROLL	PIZZA & GARDEN SALAD
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14	15	16	17	18
CHICKEN CAVATAPPI, CORN, & DINNER ROLL	MEATLOAF, AU GRATIN POTATOES, & DINNER ROLL	SPAGHETTI W/MEAT BALLS, GARDEN SALAD, & DINNER ROLL	HAMBURGER GRAVY, CORN, DINNER ROLL	CHILI DOGS, ONION RINGS, & SM DELI SALAD
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
SALISBURY STEAK, MASHED POTATOES, & DINNER ROLL	CHICKEN PAPRIKASH, GREEN BEANS, & DINNER ROLL	PORK CHOPS, AU GRATIN POTATOES, & DINNER ROLL	BEEF STROGANOFF, CORN, & DINNER ROLL	CHEESEBURGER & MAC & CHEESE
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 29		30	31	1
COUNTRY FRIED STEAK,	BEEF ENCHILADAS,	1/2 BBQ CHICKEN,	TURKEY ROLL-UPS,	MEATBALL SUB,
MASHED POTATOES,	SPANISH RICE,	AU GRATIN POTATOES,	MASHED POTATOES,	MAC & CHEESE,
& DINNER ROLL	& SWEET CORN BREAD	& DINNER ROLL	& DINNER ROLL	& SM DELI SALAD
MEALS \$7.99			MEALS SERVED 11a-2p	

ROLLER GRILL ITEMS (HOT DOGS, SAUSAGE) & FRESH MADE SUBS & SALADS AVAILABLE DAILY

MENU ALSO AVAILABLE AT HURONMARKET.COM & OUR FACEBOOK PAGE PRE-ORDERS WELCOME 419-433-2499