

NARFE 190 LUNCH MENU for 2023

JAN	Sweet & Sour Pork Chops	JUL	Sweet & Sour Pork Chops
	Rice Pilaf		Rice Pilaf
	Baby Carrots		Baby Carrots
	Green Salad		Green Salad
	Rolls & Butter		Rolls & Butter
	Ice Cream		Ice Cream
	Tea & Coffee		Tea & Coffee
FEB	Chicken Fried Steak	AUG	Chicken Fried Steak
	Mashed Potatoes & Gravy		Mashed Potatoes & Gravy
	Vegetables		Vegetables
	Green Salad		Green Salad
	Rolls & Butter		Rolls & Butter
	Ice Cream		Ice Cream
	Tea & Coffee		Tea & Coffee
MAR	Pork Loin	SEP	Lasagna
	Mashed Potatoes & Gravy		Vegetables
	Vegetables		Green Salad
	Green Salad		Garlic Bread
	Rolls & Butter		Ice Cream
	Ice Cream		Tea & Coffee
	Tea & Coffee		
APR	Meat Loaf	OCT	Sweet & Sour Pork Chops
	Mashed Potatoes		Rice Pilaf
	Vegetables		Baby Carrots
	Green Salad		Green Salad
	Rolls & Butter		Rolls & Butter
	Ice Cream		Ice Cream
	Tea & Coffee		Tea & Coffee
MAY	Lasagna	NOV	Turkey & Dressing
	Vegetables		Mashed Potatoes & Gravy
	Green Salad		Cranberry Sauce
	Garlic Bread		Green Salad
	Ice Cream		Rolls & Butter
	Tea & Coffee		Pumpkin Pie
			Tea & Coffee
JUN	Chicken Fried Steak	DEC	Lasagna
	Mashed Potatoes & Gravy		Vegetables
	Vegetables		Green Salad
	Green Salad		Garlic Bread
	Rolls & Butter		Ice Cream
	Ice Cream		Tea & Coffee
	Tea & Coffee		

NARFE meets at the Elks Lodge on the 3th Thursday of each month.