

JANUARY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose soup on these cold wintery days, but if you buy soup be sure to read the labels carefully. A serving of most purchased soup has nearly 1000 milligrams of sodium, nearly half of the days upper limit of 2300 milligrams. If you are on a low sodium (salt) diet, look for soups that have the least sodium.		2 Chicken a la Orange Red Potatoes Glazed Carrots 100 % whole Wheat Bread Applesauce	3 Split Pea Soup Baked Ham Summer Squash Multi Grain Bread Orange	4 Macaroni & Cheese Mixed Greens Stewed Tomatoes Oatmeal Bread Pudding w/ Topping*
7 Calico Beans w/ Sausage Rice Pilaf Broccoli Potato Bread Mixed Fruit	8 Sweet Sour Meatballs Buttered Noodles Spinach Biscuit Peaches	9 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash 100% whole wheat Bread Pudding w/ Topping*	10 Beef Barley Soup Tuna Salad Peas w/ Onions Hamburger Roll Pineapple	11 Beef Stew Boiled Potatoes Green Beans Multi Grain Bread Banana
14 Broccoli Potato Bread Peaches	15 Chicken A la King Wild Rice Mixed Vegetables Rye Bread Pineapple	16 Hot Dog Baked Beans Sauerkraut Hot Dog Roll Applesauce	17 Cream of Mushroom Soup Baked Fish Red Potatoes 100% Whole Wheat Bread Cookie*	18 Roast Pork, Gravy Potato Au gratin Succotash Multi Grain Bread Pudding w/ Topping*
21 Martin Luther King Day	22 Salmon Boat, Sauce Buttered Noodles Spinach Multi Grain Bread Pears	23 Minestrone Soup Chicken Salad Brussels Sprouts Hot Dog Roll Fruit Compote	24 Meat Loaf, Gravy Mashed Potato Creamed Carrots Rye Bread Apple	25 Roast Turkey, Gravy Mashed Potatoes Sliced Beets 100 % Whole Wheat Bread Pudding w/ Topping*
28 Lasagna w/ Sauce Green Beans Summer Squash Italian Bread Orange	29 Corn Chowder Liver and Onions Spinach Rye Bread Mixed Fruit	30 Stuffed Cabbage Casserole Roasted Potatoes Creamed Carrots Oatmeal Bread Applesauce	31 Roast Pork, Gravy Sweet Potato Broccoli 100% Whole Wheat Bread Pudding w/ Topping*	

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.