

March 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lentil Soup Baked Ham** Braised Red Cabbage Muti Grain Bread Pears	3 Breaded Pork Chops Mashed Potatoes Peas & Carrots Rye Bread Applesauce	4 Oriental Chicken Fried Rice Chinese Vegetables w/Mushrooms Potato Bread Pineapple	5 Stuffed Cabbage Casserole Buttered Corn Green Beans Sourdough Bread Orange	6 Mac & Cheese Spinach Stewed Tomatoes 100% Whole Wheat Bread Pudding w/Topping*
9 Sweet & Sour Pork Roasted Potatoes Brussels Sprouts w/Cheese Sauce Muti Grain Bread Peaches	10 Swedish Meatball w/Mushrooms Buttered Rice Mixed Vegetables Rye Bread Pineapple	11 Goulash Spinach Corn w/Pimiento Italian Bread Banana	12 Baked Chicken Red Boiled Potatoes Creamed Carrots 100% Whole Wheat Bread Pudding w/Topping*	13 Clam Chowder Tuna Noodle Casserole Broccoli Cuts Oatmeal Bread Mixed Fruit
16 Beef Stew Roasted Potatoes Spinach Sourdough Bread Applesauce	17 St. Patrick's Day Corned Beef Hash** Irish Potatoes Mixed Irish Vegetables Whole Wheat Dinner Roll Green Fruited Gelatin w/Topping*	18 Chicken Marsala w/Mushrooms Rice & Wild Rice Blend Broccoli Cuts 100% Whole Wheat Bread Pears	19 Vegetable Soup Ziti w/Meat Sauce Italian Vegetables Italian Bread Orange	20 Salmon Boat w/Sauce Roasted Potatoes Green Beans Muti Grain Bread Pudding w/Topping*
23 Veal Parmesan Shells w/Sauce Italian Green Beans 100% Whole Wheat Bread Pineapple	24 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Biscuit Peaches	25 Minestrone Soup Stuffed Pepper Casserole Spinach Muti Grain Bread Pudding w/Topping*	26 Chicken Cacciatore w/Mushrooms Roasted Potatoes Sliced Beets Oatmeal Bread Mixed Fruit	27 Baked Fish Sweet Potato Cauliflower au gratin Potato Bread Banana
30 Hot Dog** Baked Beans Cole Slaw Hot Dog Roll Peach Crisp	31 Roast Pork w/Gravy Red Boiled Potatoes Peas & Pearl Onions 100% Whole Wheat Bread Applesauce	A recent study reported that eating an average of one additional serving of whole grains per day reduced the rate of heart failure 7%. Whole grain foods include 100 % whole wheat bread, oatmeal, popcorn, rye and pumpernickle breads, as well as many cereals. Check the labels for the fiber content as well as the presence of whole grains in the breads and cereals. More fiber often means more whole grains. Don't believe that all "brown" bread is made from whole grains; many times the brown color indicates the addition of molasses not the addition of whole grains. If it is wheat bread, look for whole wheat flour as the first ingredient.		

If you will not be home when your meal is delivered
 PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201

All contributions are returned to the community by helping cover the cost of nutrition programs and services.

SUGGESTED VOLUNTARY DONATION
 \$2.00 PER MEAL to help defray costs