

March 2010



*Modification for sugar restricted diets
 **High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Salisbury Steak Red Potatoes Peas & Carrots Oatmeal Bread Applesauce	2 Oriental Chicken Brown Rice Winter Blend Vegetables 100% Whole Wheat Bread Pineapple	3 Goulash Mixed Vegetables Brussel Sprouts w/Cheese Sourdough Bread *Pudding w/Topping	4 Roast Turkey w/Gravy Garlic Mashed Potatoes Green Beans Almondine Wheat Dinner Roll Mixed Fruit	5 Lasagna Winter Squash Spinach Oatmeal Bread Applesauce
8 Stuffed Cabbage Casserole Buttered Beets Broccoli Biscuit Peaches	9 Beef Stroganoff Buttered Noodles Stewed Tomatoes Rye Bread Mixed Fruit	10 Minestrone Soup Baked Chicken Brown Rice Pilaf Multi Grain Bread Pineapple	11 Meatloaf Red Potatoes Buttered Corn 100% Whole Wheat Bread *Pudding w/Topping	12 Baked Fish Roasted Potatoes Creamed Carrots Multi Grain Bread *Cookie
15 Hot Dog Baked Beans Sauerkraut Hot Dog Roll Mixed Fruit	16 Barbecue Pork Cajun Rice & Beans Mixed Greens 100% Whole Wheat Bread Pears	17 St. Patrick's Day "Pot of Gold" Corned Beef Hash "Shamrock" Boiled Potatoes Mixed Irish Vegetables Irish Soda Bread "Leprechaun" Lime Gelatin w/Fruit	18 Roast Chicken, Gravy Mashed Potatoes Peas w/Mushrooms Oatmeal Bread *Pudding w/Topping	19 Potato Leek Soup Egg Salad Glazed Carrots Wheat Hamburger Roll Apple Crisp
22 Veal Parmesan Ziti w/Sauce Italian Green Beans Italian Bread Pears	23 Macaroni & Cheese Stewed Tomatoes Mixed Root Vegetables 100% Whole Wheat Bread *Pudding w/Topping	24 Salmon Boat Roasted Potatoes Winter Squash Multi Grain Bread Spiced Apples	25 Roast Pork, Gravy Sweet Potatoes Braised Red Cabbage Oatmeal Bread Applesauce	26 Tuna Noodle Casserole Winter Greens Corn Rye Bread Peaches
29 Calico Beans Brown Rice Peas w/ Pearl Onions 100% Whole Wheat Bread Pineapple	30 Cabbage Soup w/Kielbasa Chicken Salad French Green Beans Rye Bread Peach Cobbler	31 Meatballs w/Sauce Shells w/Sauce Spinach Italian Bread Mixed Fruit	Read your labels! We recently found Multi Grain crackers where the label said "sensible snacking, no cholesterol, no saturated fat". Multigrain would indicate to most shoppers that this product was high in fiber, but the crackers had no fiber with white flour as the first ingredient and whole grains listed after the soybean oil on the ingredient list. The nutrient label was almost identical to the white crackers so don't look for extra nutrients in multi grain crackers.	

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.