


MAY 2009

*Modification for sugar restricted diets.
 **High sodium foods.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The latest dietary guidelines recommend that adults get three servings of dairy products daily. Don't think you have to consume three 8 oz. glasses of milk each day. Some other choices are a cup of low-fat yogurt for lunch or a snack, a half cup of cottage cheese added to a salad for lunch or a third of a cup of ricotta cheese added to a noodle dish or lasagna. An ounce or two of low-fat cheese can be added to a vegetable salad to increase the protein as well as calcium. Shred Parmesan cheese over pasta to increase flavor as well as add a small amount of calcium.</p>				<p>1 Chicken w/Asparagus Brown Rice w/Bulgur Corn w/Pimento 100% Whole Wheat Bread Pineapple</p>
<p>4 Meatballs Shells and Sauce Italian Mixed Vegetables Italian Bread Orange</p>	<p>5 **Ham Salad Potato Salad Three Bean Salad Hamburg Roll Pears</p>	<p>6 Baked Chicken Noodles au gratin Spinach Biscuit Peaches</p>	<p>7 Goulash Carrots Broccoli Cuts 100% Whole Wheat Bread *Pudding w/Topping Salad - Cong. Only</p>	<p>8 MOTHER'S DAY Meat loaf w/Gravy Parslied Potatoes Butternut Squash Rye Bread *Cupcake</p>
<p>11 Beef Stew Red Bliss Potatoes Green Beans Sourdough Bread Fresh Fruit</p>	<p>12 Veal Parmesan Ziti w/Sauce Spinach Italian Bread *Pudding w/Topping</p>	<p>13 Chef's Salad Pasta Salad Carrot Raisin Salad 100% Whole Wheat Bread Pineapple</p>	<p>14 Pork Roast, Gravy Garlic Mashed Potatoes Peas w/Mushrooms Multi Grain Bread Applesauce</p>	<p>15 Lasagna Mixed Greens Cauliflower au gratin Rye Bread Mixed Fruit</p>
<p>18 Macaroni & Cheese Mixed Vegetables Stewed Tomatoes Multi Grain Bread Applesauce</p>	<p>19 Baked Fish Roasted Potatoes Glazed Carrots 100% Whole Wheat Bread Peaches</p>	<p>20 Stuffed Pepper Casserole Green Beans Summer Squash Potato Bread Watermelon</p>	<p>21 Salmon Boat Irish Style Potatoes Green Beans Rye Bread Pears</p>	<p>22 Barbecued Pork Sweet Potatoes Braised Red Cabbage Dinner Roll *Pudding w/Topping</p>
<p>25 Memorial Day </p>	<p>26 **Baked Ham Scalloped Potatoes Beets Rye Bread Applesauce</p>	<p>27 Chicken Salad Macaroni Salad Cole Slaw Hamburg Roll *Pudding w/Topping</p>	<p>28 Salisbury Steak, Gravy Potatoes au gratin Broccoli 100% Whole Wheat Bread *Cookies</p>	<p>29 Roast Turkey, Gravy Mashed Potatoes Zucchini Squash Multi Grain Bread Peaches</p>

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.