

November 2009

*Modification for sugar restricted diets
 **High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tomato w/ Rice Soup Chicken Salad Mixed Vegetables Hamburger Roll Apple Crisp	3 Beef Burgundy Buttered Noodles Broccoli Multi Grain Bread Peaches	4 **Hot Dog Baked Beans Saurkraut-Coleslaw, (Cong.) Hot Dog Roll Pears	5 Pork Barbecue Bulgur & Brown Rice Corn w/ Pimento 100% Whole Wheat Bread Pineapple	6 Baked Fish Roasted Red Potatoes Peas & Carrots Rye Bread *Smoothie
9 Shepherd's Pie Mashed Potatoes Summer Squash Sourdough Bread Peaches	10 **Baked Ham Glazed Sweet Potato Mixed Greens 100% Whole Wheat Bread Applesauce	11 VETERANS' DAY	12 Goulash Braised Red Cabbage Carrots Multi Grain Bread *Pudding w/ Topping	13 Lasagna w/ Meat Sauce Italian Green Beans Cauliflower Italian Bread Pineapple
16 Meat Loaf w/ Gravy Roasted Potatoes Winter Blend Vegetables Rye Bread Mixed Fruit	17 Lentil Soup Tuna Salad Broccoli Hamburger Roll Hot Spiced Pears	18 Meat Balls & Pasta w/ Sauce Spinach Multi Grain Bread Applesauce	19 Happy Thanksgiving Gobble Roast Turkey w/ Gravy Indian Mashed Potatoes Fall Butternut Squash Plymouth Rock Wheat Dinner Roll *Pilgrim Pumpkin Pie w/ Topping	20 Salmon Boat Wild Rice Green Beans 100% Whole Wheat Bread Pineapple
23 Stuffed Cabbage Casserole Buttered Spinach Buttered Beets Potato Bread Pears	24 Roast Pork w/ Gravy au gratin Potatoes Zucchini 100% Whole Wheat Bread Applesauce	25 Chicken w/ Asparagus Garlic Mashed Potatoes Peas & Mushrooms Rye Bread *Pudding w/ Topping	26 THANKSGIVING DAY	27 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Multi-Grain Bread Mixed Fruit
30 Baked Chicken Roasted Potatoes Creamed Carrots 100% Whole Wheat Bread *Smoothie	Choose carefully when buying multi-grain breads. Three to twelve grains may be added to multi-grain bread in varying amounts. These additional grains gives a hearty texture to the bread. The problem with multi-grain breads is that there is no regulation that defines multi-grain so these breads vary greatly in their nutrient value. If enriched wheat flour is found near the top of the list of ingredients the product contains few whole grains. Whole grains include the entire seed with the germ and bran as well as the starchy part and many multi-grain breads do not include the germ and bran portion, making them less nutritious. Read the Label!			

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.