

September 2009

*Modification for sugar restricted diets
 **High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Stuffed Pepper Casserole Sliced Beets Mixed Vegetables 100% Whole Wheat Bread *Smoothie	2 Chef Salad Pasta Salad Carrot Raisin Salad Hamburger Roll Pineapple	3 Baked Fish Roasted Potatoes Summer Squash Rye Bread *Pudding w/Topping	4 CELEBRATE LABOR DAY Roast Turkey, Gravy Mashed Potatoes Green Beans Almondine Oatmeal Bread Watermelon
7 Closed Labor Day	8 Shepherd's Pie Mashed Potatoes Green Beans Rye Bread Pears	9 Beef Stew Broccoli Buttered Corn 100% Whole Wheat Bread *Pudding w/Topping	10 Baked Chicken Noodles au gratin Brussels Sprouts Multi-Grain Bread Applesauce	11 Lasagna Mixed Greens Creamed Carrots White Bread Mixed Fruit
14 Macaroni and Cheese Stewed Tomatoes Zucchini Squash Oatmeal Bread Fresh Fruit	15 Oriental Chicken Brown Rice Oriental Mixed Vegetables 100% Whole Wheat Bread Pineapple	16 Salmon Boat Scalloped Potatoes Peas w/Mushrooms Rye Bread Peaches	17 **Hot Dog Baked Beans Sauerkraut Cole Slaw, Congregate Sites Hot Dog Roll *Pudding w/Topping	18 Tuna Fish Salad Potato Salad Tossed Green Salad Hot Dog Roll Banana
21 Stuffed Cabbage Casserole Wax Beans Spinach Sourdough Bread Pears	22 BBQ Pork Patty Sweet Potatoes Mixed Greens 100% Whole Wheat Bread Mixed Fruit	23 Orange Glazed Chicken Buttered Noodles Butternut Squash Italian Bread Pineapple	24 Roast Pork, Gravy Rosemary Potatoes Braised Red Cabbage Oatmeal Bread Watermelon	25 Goulash Broccoli Mixed Vegetables Rye Bread *Pudding w/Topping
28 Veal Parmesan Ziti w/Sauce Mixed Greens Multi-Grain Bread Peaches	29 **Baked Ham Sweet Potatoes Peas and Carrots 100% Whole Wheat Bread Pineapple	30 Egg Salad Three Bean Salad Cole Slaw Hamburger Roll Applesauce	Enjoy the Bounty of the Fall Harvest!	

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.