

## September 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 No Meals Served</b></p> 	<p><b>3 Pulled Pork (307)</b> Baked Beans (36) Hot German Slaw (81) Hamburger Roll (230) Mixed Fruit (10)</p>	<p><b>4 American</b> Chop Suey (211) Broccoli (12) Scali Bread (190) Peaches (5)</p>	<p><b>5 Chicken L'Orange (391)</b> Scalloped Potatoes (185) Brussels Sprouts (12) Multigrain Bread (190) Applesauce (20)</p>	<p><b>6 Vegetarian Chili (215)</b> Fluffy Rice (36) Oatmeal Bread (121) Pineapple (1)</p>
Calories:642 Fat:30% Sodium: 611mg Carb:76g	Calories:631 Fat: 24% Sodium:836mg Carb: 81g	Calories: 557 Fat: 25% Sodium:590mg Carb:73g	Calories: 606 Fat: 23% Sodium: 970mg Carb: 76g	Calories:615 Fat: 19% Sodium: 545mg Carb:100g
<p><b>9 Catch of the Day (40)</b> Lemon Dill Sauce (111) Mashed Potatoes (62) Malibu Vegetables (59) Whole Wheat Bread (160) Cantaloupe (7)</p>	<p><b>10 Macaroni and Cheese (403)</b> Florentine Tomatoes (121) Fruit Loaf (160) Orange (0)</p>	<p><b>11 Soup of the Day (330)</b> Portuguese Chicken (420) Roasted Potatoes (33) Dinner Roll (160) Cinnamon Apples (4)</p>	<p><b>12 Greek Meatballs (354)</b> Couscous (39) Country Vegetables (32) Whole Wheat Roll (160) Mandarin Oranges (6)</p>	<p><b>13 Roast Turkey (90)</b> Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Multigrain Bread (190) Brownie (132) MOD: Graham Wafer (85)</p>
Calories:733 Fat: 39% Sodium: 1074mg Carb:82g	Calories:831 Fat: 36% Sodium:856mg Carb:103g	Calories: 650 Fat: 24% Sodium: 1119mg Carb: 78g	Calories: 697 Fat: 33% Sodium: 763mg Carb:83g	Calories:942 Fat:23% Sodium:745mg Carb:136g
<p><b>16 Hot Dog (550*)</b> Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Pears (4)</p>	<p><b>17 Shepherd's Pie(283)</b> Carrot Coins (77) Oatmeal Roll (121) Peaches (5)</p>	<p><b>18 Fiesta Omelet (382)</b> Potato Wedges (27) Chickpea Blend Vegetables (52) Fruit Loaf (160) Pineapple (1)</p>	<p><b>19 Honey Mustard Chicken (481)</b> Parsley Mashed Potatoes (63) Fall Vegetables (15) Whole Wheat Bread (160) Applesauce (20)</p>	<p><b>20 Pulled Pork (307)</b> Whipped Sweet Potatoes (33) Hot German Slaw (81) Hamburger Roll (230) Chocolate Pudding (191) MOD: LS Pudding (191)</p>
Calories:848 Fat: 40% Sodium:1093mg Carb:89g	Calories: 735 Fat: 29% Sodium:658 mg Carb:98g	Calories: 742 Fat:37% Sodium: 794mg Carb:92g	Calories: 627 Fat: 23% Sodium: 911mg Carb:82g	Calories: 673 Fat: 28% Sodium:1014mg Carb:88g
<p><b>23 Potato</b> Pollock Filet (337) Tartar Sauce (261) Au Gratin Potatoes (154) Green Beans (3) Dinner Roll (160) Mandarin Oranges (6)</p>	<p><b>24 Steak and Cheese (459)</b> Ketchup (82) Roasted Potatoes (33) Mixed Vegetables (41) Sub Roll (162) Pineapple (1)</p>	<p><b>25 Stuffed Shells (390)</b> Tomato Basil Sauce (55) Spring Vegetables (57) Multigrain Roll (190) Pears (4)</p>	<p><b>26 Roast Pork (71)</b> Rosemary Gravy (124) Garlic Mashed Potatoes (62) Genoa Vegetables (40) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)</p>	<p><b>27 Meatloaf (240)</b> Brown Gravy (110) Red Bliss Potatoes (4) Tahitian Vegetables (38) Oatmeal Bread (121) Applesauce (20)</p>
Calories: 548 Fat:24% Sodium:864mg Carb:67g	Calories: 832 Fat: 40% Sodium: 950mg Carb:82g	Calories: 589 Fat: 21% Sodium: 868mg Carb:87 g	Calories:853 Fat: 30% Sodium: 838mg Carb: 110g	Calories: 542 Fat: 29% Sodium: 705mg Carb: 72g
<p><b>30 Cajun Chicken</b> Drumstick (377) Dirty Rice (137) Chickpea Blend Vegetables (52) Potato Bread (120) Mandarin Oranges (6)</p>			<p><b>Milk: 100 Calories</b> <b>125mg Sodium, 12gm Carb</b> <b>Margarine: 36 Calories</b> <b>47mg Sodium, 0gm Carb</b></p> <p>Daily totals include entrée, bread, dessert, milk, margarine and soup.</p> <p>Menu subject to change without notice.</p>	<p>* Indicates item has &gt;500mg Sodium. The sodium (mg) content of each item is in parentheses next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. <b>High sodium days (&gt;1200mg) are bold.</b></p>
<p><b>Without your suggested voluntary donation of \$2.25 per meal many people would go hungry. Please give. Checks are preferred. For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 no later than 10:30 a.m. on the day before delivery.</b></p>				

\* Menu items may be obtained from different sources month to month, affecting their sodium content.