

October 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis 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. High sodium days (>1200mg) are bold. Menu is subject to change without notice.</p>	<p>1 Turkey Stew with Vegetables (571*) Mashed Potatoes (62) Whole Wheat Roll (160) Cinnamon Apples (4)</p>	<p>2 Macaroni and Cheese (403) Florentine Tomatoes (121) Fruit Loaf (160) Mandarin Oranges (6)</p>	<p>3 California Chicken Salad (337) Potato Salad (62) Coleslaw (81) Sub Roll (162) Mixed Fruit (10)</p>	<p>4 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Broccoli (12) Hot Dog Roll (210) Banana (1)</p>
	Calories:605 Fat: 25% Sodium: 969mg Carb:83g	Calories:806 Fat: 37% Sodium: 862mg Carb: 98g	Calories:577 Fat: 25% Sodium:824mg Carb: 79g	Calories: 785 Fat:37% Sodium: 1036mg Carb:94g
<p>7 Potato Pollock Filet (302) Tartar Sauce (261) Roasted Potatoes (33) Italian Green Beans (3) Oatmeal Bread (121) Pineapple (1)</p>	<p>8 Honey Mustard Chicken (481) Mashed Potatoes (62) Italian Vegetables (26) Multigrain Bread (190) Peaches (5)</p>	<p>9 Beef Picadillo (251) Fluffy Rice (36) California Vegetables (27) Scali Bread (190) Apple (2)</p>	<p>10 Soup of the Day (330) Roast Pork (71) Rosemary Gravy (124) Red Bliss Potatoes (4) Oatmeal Bread (121) Pineapple (1)</p>	<p>11 Swedish Meatballs (341) Pasta (1) Malibu Vegetables (59) Whole Wheat Roll (160) Cherry Brownie (132) MOD: Graham Wafer (85)</p>
Calories: 779 Fat:43% Sodium: 893mg Carb:81g	Calories:664 Fat: 21% Sodium:936mg Carb: 90g	Calories:560 Fat: 30% Sodium: 678mg Carb:75g	Calories: 727 Fat: 30% Sodium: 823mg Carb:83g	Calories: 812 Fat: 36% Sodium:865mg Carb: 94g
<p>14 No Meals Served</p> <div style="text-align: center;">  <p>Columbus Day</p> </div>	<p>15 Turkey a la King (215) Mashed Potatoes (62) Brussels Sprouts (12) Honey Wheat Bread (135) Applesauce (20)</p>	<p>16 Beef and Broccoli (108) Asian Rice (92) Oatmeal Roll (121) Mixed Fruit (10)</p>	<p>17 Beef Lentil Chili with Vegetables (241) Mashed Potatoes (62) Dinner Roll (160) Pears (4)</p>	<p>19 Chicken Parmesan (361) Tomato Sauce (55) Penne Pasta (1) Peas & Carrots (80) Multigrain Bread (190) Mandarin Oranges (6)</p>
	Calories: 662 Fat: 21% Sodium: 616mg Carb:86g	Calories:680 Fat: 36% Sodium:503mg Carb: 68g	Calories:673 Fat: 25% Sodium: 642mg Carb:91g	Calories:617 Fat: 17% Sodium:865mg Carb:84g
<p>21 Catch of the Day (40) Lemon Dill Sauce (111) Whipped Sweet Potatoes (33) Spring Vegetables (57) Rye Bread (300) Peaches (5)</p>	<p>22 BBQ Pork (517*) Baked Beans (36) Cabbage and Carrots (47) Hamburger Roll (230) Cinnamon Apples (4)</p>	<p>23 Soup of the Day (330) Honey Ginger Chicken (393) Vegetable Lo Mein (28) Whole Wheat Bread (160) Banana (1)</p>	<p>24 Spanish Omelet (382) Hash browns (136) Mixed Vegetables (41) Fruit Loaf (160) Pineapple (1)</p>	<p>25 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes(62) Winter Squash (13) Oatmeal Bread (121) Cherry Crisp (22) MOD: Graham Wafer (85)</p>
Calories:684 Fat:25% Sodium: 718mg Carb: 91g	Calories:587 Fat:24% Sodium: 769mg Carb:79g	Calories:825 Fat: 17% Sodium:1084mg Carb:122g	Calories:753 Fat:33% Sodium: 892mg Carb:101g	Calories:776 Fat: 23% Sodium: 836mg Carb:123g
<p>28 American Chop Suey (211) Wax and Green Beans (3) Scali Bread (190) Mandarin Oranges (6)</p>	<p>29 Sausage, (517*) Peppers and Onions (3) Pasta Alfredo (116) Sub Roll (162) Peaches (5)</p>	<p>30 Chicken Pot Pie with Vegetables (273) Mashed Potatoes (62) Whole Wheat Roll (160) Mixed Fruit (10)</p>	<p>31 Happy Halloween! Cheeseburger(387) Ketchup (82) Roast Potatoes (33) Scandinavian Vegetables (42) Hamburger Roll (230) Birthday Cake (209) MOD: LS Cake(209) </p>	<p>Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine, and soup.</p>
Calories:557 Fat: 25% Sodium: 582mg Carb:73g	Calories: 642 Fat: 28% Sodium:975mg Carb82g	Calories: 687 Fat: 43% Sodium: 678mg Carb: 88g	Calories:900 Fat: 28% Sodium:1199mg Carb: 126g	<p>"Catch of the Day" will vary based on availability. Menu items may be obtained from different sources month to month, affecting their sodium content.</p>
<p>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.</p>				