

August 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Shepherd's Pie (221) Mashed Potatoes (62) California Vegetables (27) Wheat Bread (115) Apple (2)	4 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hot Dog Roll (210) Applesauce (20)	5 Grilled Chicken (320) Supreme Sauce (111) Red Bliss Potatoes (4) Carrots (77) Oatmeal Roll (121) Orange (0)	6 Beef Picadillo (251) Fluffy Rice (36) Scandinavian Vegetables (42) Whole Wheat Bread (160) Pineapple (1)	7 Turkey Divan (321) Broccoli & Cheese Sauce (103) Mashed Potatoes (62) Multigrain Bread (190) Hermit (108) MOD: Graham Wafer (85)
Calories: 740 Fat: 28% Sodium: 599 mg Carb: 102g	Calories: 734 Fat: 39% Sodium: 1090mg Carb: 83g	Calories: 571 Fat: 23% Sodium: 805mg Carb: 75g	Calories: 576 Fat: 29% Sodium: 662mg Carb: 76g	Calories: 819 Fat: 31% Sodium: 956mg Carb: 92g
10 Fiesta Omelet (382) Hashbrowns (136) Florentine Tomatoes (121) Fruit Loaf (160) Mandarin Oranges (6)	11 Cheeseburger (387) Ketchup (82) Roasted Potatoes (33) Glazed Carrots (83) Hamburger Roll (230) Orange (0)	12 Chicken Chow Mein (253) Asian Rice (92) Whole Wheat Bread (160) Pineapple (1)	13 American Chop Suey (211) Summer Vegetables (57) Scali Bread (190) Peaches (5)	14 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Oatmeal Bread (121) Tapioca Pudding (130) MOD: LS Pudding (130)
Calories: 689 Fat: 36% Sodium: 977mg Car: 85g	Calories: 804 Fat: 37% Sodium: 987mg Carb: 86g	Calories: 554 Fat: 26% Sodium: 678mg Carb: 68g	Calories: 579 Fat: 25% Sodium: 635mg Carb: 77g	Calories: 783 Fat: 23% Sodium: 944mg Carb: 120g
17 Potato Pollock Filet (337) Tartar Sauce (261) Lyonnaise Potatoes (112) Wax & Green Beans (3) Whole Wheat Roll (160) Applesauce (20)	18 Lasagna Roll Ups (370) Italian Vegetables (26) Snowflake Roll (180) Peaches (5)	19 Beef Stroganoff (278) Egg Noodles (1) Broccoli (12) Multigrain Bread (190) Pears (4)	20 Chicken Bruschetta (394) Whipped Sweet Potatoes (33) Tahitian Vegetables (38) Oatmeal Bread (121) Brownie (132) MOD: Graham Wafer (85)	21 Macaroni and Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Mandarin Oranges (6)
Calories: 792 Fat: 39% Sodium: 1065mg Carb: 88g	Calories: 532 Fat: 18% Sodium: 753 mg Carb: 83	Calories: 799 Fat: 36% Sodium: 657mg Carb: 80g	Calories: 674 Fat: 26% Sodium: 890mg Carb: 85g	Calories: 816 Fat: 36% Sodium: 884mg Carb: 100g
24 Beef Chili (176) Fluffy Rice (36) Roman Vegetables (26) Whole Wheat Roll (160) Cantaloupe (7)	25 Greek Meatballs (328) Mashed Potatoes (62) Country Vegetables (32) Wheat Bread (115) Apple (2)	26 Catch of the Day (97) Lemon Dill Sauce (111) Florentine Rice (112) Malibu Vegetables (59) Whole Wheat Roll (160) Mixed Fruit (10)	27 Meatloaf (240) Rosemary Gravy (124) Mashed Potatoes (62) Brussel Sprouts (12) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)	28 Chicken Teriyaki (478) Asian Rice (92) Oriental Vegetables (26) Oatmeal Bread (121) Pears (4)
Calories: 564 Fat: 29% Sodium: 577mg Carb: 70g	Calories: 718 Fat: 30% Sodium: 711mg Carb: 99g	Calories: 568 Fat: 25% Sodium: 721mg Carb: 70g	Calories: 776 Fat: 27% Sodium: 1009mg Carb: 114g	Calories: 528 Fat: 23% Sodium: 893mg Carb: 64g
31 Turkey Stew with Vegetables (571*) Penne Pasta (1) Dinner Roll (160) Mandarin Oranges (6)			Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb	* Indicates item has >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. High sodium days (>1200mg) are bold.
Calories: 590 Fat: 24% Sodium: 910mg Carb: 79g			Daily totals include entrée, bread, dessert, milk, margarine and soup. Menu subject to change without notice.	

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.

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