

September 2020 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 Sausage, (517*) Peppers & Onions (3) Pasta Alfredo (116) Sub Roll (162) Peaches (5)</p>	<p>2 Macaroni and Cheese (403) Florentine Tomatoes (121) Fruit Loaf (160) Mandarin Oranges (6)</p>	<p>3 BBQ Chicken German (497) Potato Salad (62) Cabbage & Carrots (47) Whole Wheat Roll (160) Mixed Fruit (10)</p>	<p>4 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Broccoli (12) Hot Dog Roll (210) Banana (1)</p>
	<p>Calories:642 Fat: 28% Sodium: 976mg Carb:82g</p>	<p>Calories:806 Fat: 37% Sodium: 862mg Carb: 98g</p>	<p>Calories:569 Fat: 20% Sodium:971mg Carb: 78g</p>	<p>Calories: 785 Fat:37% Sodium: 1036mg Carb:94g</p>
<p>7 No Meals Served</p> <div style="text-align: center;">  </div>	<p>8 Pollock Filet (302) Tartar Sauce (261) Roasted Potatoes (33) Italian Green Beans (3) Oatmeal Bread (121) Pineapple (1)</p>	<p>9 Beef Picadillo (251) Fluffy Rice (36) California Vegetables (27) Scali Bread (190) Apple (2)</p>	<p>10 Roast Pork (71) Rosemary Gravy (124) Red Bliss Potatoes (4) Riviera Vegetables (16) 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>
	<p>Calories: 779 Fat:43% Sodium: 893mg Carb:81g</p>	<p>Calories:560 Fat: 30% Sodium: 678mg Carb:75g</p>	<p>Calories: 716 Fat: 30% Sodium: 506mg Carb:90g</p>	<p>Calories: 812 Fat: 36% Sodium:865mg Carb: 94g</p>
<p>14 Turkey a la King (215)D Mashed Potatoes (62) Brussels Sprouts (12) Honey Wheat Bread (135) Applesauce (20)</p>	<p>8 Honey Mustard Chicken (481) Mashed Potatoes (62) Italian Vegetables (26) Multigrain Bread (190) Peaches (5)</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>18 Chicken Parmesan (361) Tomato Sauce (55) Penne Pasta (1) Peas & Carrots (80) Multigrain Bread (190) Mandarin Oranges (6)</p>
<p>Calories: 662 Fat: 21% Sodium: 616mg Carb:86g</p>	<p>Calories:664 Fat: 21% Sodium:936mg Carb: 90g</p>	<p>Calories:680 Fat: 36% Sodium:503mg Carb: 68g</p>	<p>Calories:673 Fat: 25% Sodium: 642mg Carb:91g</p>	<p>Calories:617 Fat: 17% Sodium:865mg Carb:84g</p>
<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 (280) Baked Beans (36) Cabbage and Carrots (47) Hamburger Roll (230) Cinnamon Apples (4)</p>	<p>23 Honey Ginger Chicken (393) Vegetable Lo Mein (28) Peas (82) Whole Wheat Bread (160) Banana (1)</p>	<p>24 Spanish Omelet (382) Hashbrowns (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) Blueberry Crisp (6) MOD: Graham Wafer (85)</p>
<p>Calories:684 Fat:25% Sodium: 718mg Carb: 91g</p>	<p>Calories:587 Fat:24% Sodium: 769mg Carb:79g</p>	<p>Calories: 756 Fat: 18% Sodium:781mg Carb:113g</p>	<p>Calories:753 Fat:33% Sodium: 892mg Carb:101g</p>	<p>Calories:810 Fat: 24% Sodium: 820mg Carb:126g</p>
<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 Crustless Chicken Pot Pie with Vegetables (273) Mashed Potatoes (62) Whole Wheat Roll (160) Birthday Cake (209) MOD: LS Cake (209)</p>		<p>Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb</p> <p>Daily totals include entrée, bread, dessert, milk, margarine, and soup.</p>
<p>Calories:557 Fat: 25% Sodium: 582mg Carb:73g</p>	<p>Calories: 642 Fat: 28% Sodium:975mg Carb:82g</p>	<p>Calories: 687 Fat: 43% Sodium: 678mg Carb: 88g</p>		<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>				

Should You Wash All Food?

Should you wash raw chicken? What about avocados?

Washing is one of the primary ways to reduce risk of food poisoning. From hands to kitchen counters, it is important to wash properly to stop the spread of harmful bacteria and viruses. However, when it comes to food, the rules of washing are not as clear. There are some foods that should always be washed, and others that should be kept far away from the sink.

Always Wash

- **Fruits and Vegetables with Edible Peels:** Wash all produce, no matter whether it is organic or conventionally grown, with cool tap water immediately before eating or using in a recipe. Skip the soap because the porous surfaces on fresh produce can absorb the ingredients in soap. Dry with a clean cloth or paper towel to further reduce the harmful bacteria that may be present on the surface of fresh produce. Misting produce at the grocery store does not clean it.
- **Fruits and Vegetables with Inedible Peels:** Bananas, avocados, grapefruit, lemons, limes and winter squash — what do all of these fruits have in common? You guessed it, inedible peels. Wash all produce, even if the peel will not be eaten, because dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled.
- **Can and Jar Lids:** Wash lids before opening them so harmful particles don't fall into food. Be sure to wash all cans before opening, including canned beverages and soup.

Never Wash

- **Raw Chicken (and Other Raw Meat):** Despite what many think, washing raw chicken does not clean it. In fact, rinsing raw chicken may spread more harmful bacteria such as *Salmonella* or *Campylobacter* around the kitchen, which can potentially make you sick. The only way to kill those pathogens is to cook chicken and other meats to their appropriate internal temperature.
- **Fish:** Avoid washing raw fish because it doesn't clean the fish. Instead, it increases the chance of cross-contamination to other foods, utensils and surfaces.
- **Eggs:** Avoid washing eggs after purchase because it can remove the coating that protects eggs from bacteria that is applied during processing.