





July Menu 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>* Indicates a food with sodium. The sodium item is in parentheses daily totals are listed and margarine are totals but are not listed days (>1200mg) are bold.</u></p>	<p><u>more than 500mg of (mg) content of each next to the item. The below each day. Milk included in the daily daily. High sodium</u></p>	<p>Milk: 110 Calories 125mg Sodium, 12g Carb</p> <p>Margarine: 36 Calories 47mg Sodium, 0gm Carb</p> 	<p>1 Hawaiian Chicken w/ Pineapple & Cherry 321</p> <p>White Rice 36 California Blend Veg 27 Potato Bread 120 Vanilla Pudding 174 MOD: LS Pudding 100</p> <p>Calories: 707 Fat: 24% Sodium: 850mg Carb: 98g</p>	<p>2 LS Hot Dog 550 Mustard 55</p> <p>Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Angel Food Cake 102 MOD: SF Cupcake 209</p> <p>Calories: 824 Fat: 35% Sodium: 1172mg Carb: 100g</p>
<p>5 No Meals Served</p> 	<p>6 Turkey a La King 215 Penne Pasta 1 Mixed Vegetables 41 Dinner Roll 210 Mandarin Oranges 6</p> <p>Calories: 656 Fat: 20% Sodium: 644mg Carb: 83g</p>	<p>7 Shepherd's Pie 271 California Blend 27 Oatmeal Roll 121 Pears 4</p> <p>Calories: 719 Fat: 29% Sodium: 595mg Carb: 93g</p>	<p>8 Cajun Chicken 377 Brown Rice 36 Roman Blend Vegetables 26 WW Roll 160 Fruit Applesauce 20</p> <p>Calories: 524 Fat: 23% Sodium: 791mg Carb: 65g</p>	<p>9 Spaghetti w/ Bolognese Sauce 164 Italian Blend Veg 26 Scali Bread 190 Banana 1</p> <p>Calories: 791 Fat: 30% Sodium: 848mg Carb: 104g</p>
<p>12 Roast Turkey Breast w/ Gravy 373 Cranberry Sauce 3 Mashed Potatoes 52 Winter Squash 11 Multigrain Bread 190 Mixed Fruit 10</p> <p>Calories: 778 Fat: 20% Sodium: 812mg Carb: 128g</p>	<p>13 White Fish 294 Tarter Sauce 261 O'Brian Potatoes 117 Brussels Sprouts 12 Wheat Bread 115 Peaches 5</p> <p>Calories: 669 Fat: 41% Sodium: 975mg Carb: 77g</p>	<p>14 Pork Lo Mein 254 Brown Rice 36 Asian Blend Veg 24 Oatmeal Roll 121 Mixed Fruit 10</p> <p>Calories: 808 Fat: 27% Sodium: 686mg Carb: 110g</p>	<p>15 Beef & Broccoli 108 Fluffy White Rice 36 Multigrain Roll 190 Chocolate Pudding 191 MOD: LS Pudding 100</p> <p>Calories: 774 Fat: 37% Sodium: 697mg Carb: 80g</p>	<p>16 Mac & Cheese 404 Escalloped Tomato 143 Fruit Loaf 170 Melon Cup 12</p> <p>Calories: 856 Fat: 35% Sodium: 902mg Carb: 109g</p>
<p>19 Breaded Chicken Patty *620 BBQ Sauce Packet 177 Tricolor Pasta 1 German Slaw 81 Hamburger Roll 230 Mixed Fruit 10</p> <p>Calories: 780 Fat: 25% Sodium: 1290mg Carb: 101g</p>	<p>20 American Chop Suey 211 Peas & Mushrooms 133 Scali Bread 310 Mandarin Oranges 6</p> <p>Calories: 676 Fat: 22% Sodium: 832mg Carb: 93g</p>	<p>21 Turkey Stew 587 w/ Vegetables Mashed Potatoes 52 WW Roll 160 Pears 4</p> <p>Calories: 470 Fat: 20% Sodium: 803mg Carb: 73g</p>	<p>22 Salisbury Steak 386 Onion Gravy 110 Egg Noodles 35 Italian Blend Veg 26 Snowflake Roll 260 Orange 0</p> <p>Calories: 885 Fat: 37% Sodium: 990mg Carb: 94g</p>	<p>23 Chicken Divan 282 Broccoli 12 Red Bliss Potatoes 4 Oatmeal Roll 121 Mixed Fruit 10</p> <p>Calories: 669 Fat: 31% Sodium: 601mg Carb: 75g</p>
<p>26 Beef Pot Roast 277 Whipped Sweet Potato 33 Green Beans 3 Multigrain Bread 190 Oatmeal Cookie 170 MOD: Graham Wafer 85</p> <p>Calories: 922 Fat: 38% Sodium: 845mg Carb: 106g</p>	<p>27 Shrimp 88 Rice Florentine 112 California Blend Veg 27 Potato Bread 120 Fruit Applesauce 20</p> <p>Calories: 479 Fat: 21% Sodium: 801mg Carb: 61g</p>	<p>28 BBQ Pulled Turkey 297 Au Gratin Potatoes 154 Chuck Wagon Blend 2 Hamburger Roll 230 Peaches 5</p> <p>Calories: 668 Fat: 26% Sodium: 860mg Carb: 94g</p>	<p>29 Meatloaf with Mushroom Gravy 388 Mashed Potatoes 52 Glazed Carrots 83 WW Bread 160 Banana Cake 209 MOD: LS Cake 210</p> <p>Calories: 651 Fat: 28% Sodium: 1064mg Carb: 94g</p>	<p>30 Sausage and Peppers 520 Pasta Alfredo 116 Sub Roll 162 Pears 4</p> <p>Calories: 760 Fat: 27% Sodium: 974mg Carb: 105g</p>

Menu is 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. If you want to cancel a meal, call no later than 10:30 a.m. on the day before delivery.