

August 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Broccoli & Cheese Stuffed Chicken 410 Spanish Rice 22 Green Beans 3 WW Bread 160 Cantaloupe 12 Calories:595 Fat: 33% Sodium: 780mg Carb: 68g	3 Turkey Stir-Fry 486 Lo Mein Noodles 28 WW Roll 160 Pineapple 1 Calories:614 Fat: 14% Sodium: 847mg Carb: 97g	4 Beef and Cabbage Casserole 300 Country Veg 32 Multigrain Bread 190 Fresh Plum 0 Calories: 559 Fat: 26% Sodium: 695mg Carb: 73g	5 Roast Pork 71 Apple Gravy 111 Mashed Potatoes 52 Peas & Carrots 80 Oatmeal Bread 121 Applesauce 15 Calories: 721 Fat: 30% Sodium: 621mg Carb: 86g	6 Salisbury Steak 386 w/ Onion Gravy 110 Red Bliss Potatoes 4 Broccoli 12 WW Bread 160 Brownie 132 SF Cookie 85 Calories: 868 Fat: 43% Sodium: 977mg Carb: 84g
9 Chicken Stew 273 with Vegetables White/Brown Rice 36 Biscuit 340 Mandarin Oranges 6 Calories: 643 Fat: 36% Sodium: 828mg Carb: 68g	10 Grilled Chicken 320 Peach Salsa 45 Parsley Mashed Potatoes 53 Brussels Sprouts 12 WW Bread 160 Mixed Berries 4 Calories: 614 Fat: 22% Sodium: 766mg Carb: 83g	11 Irish Beef Stew with Vegetables 277 Roasted Potatoes 33 Oatmeal Roll 121 Fresh Orange 0 Calories: 697 Fat: 37% Sodium: 602mg Carb: 76g	12 Pasta with 164 Meat Sauce Italian Blend Veg 26 Dinner Roll 210 Mixed Fruit 10 Calories: 689 Fat: 27% Sodium: 582mg Carb: 88g	13 Meatloaf 131 Gravy 110 Garlic Mashed Potato 53 Green Beans 3 Multigrain Bread 190 Tapioca Pudding 130 MOD: LS Pudding 100 Calories: 759 Fat: 30% Sodium: 789mg Carb: 94g
16 White Fish 294 Tarter Sauce 261 Potatoes Au Gratin 154 California Veg 27 Honey Wheat Bread 135 Peaches 5 Calories: 723 Fat: 41% Sodium: 1047mg Carb: 82g	17 Hot Dog 550 Mustard Packet 55 Baked Beans 36 Zucchini and Summer Squash 3 Hot Dog Roll 210 Mixed Fruit 10 Calories:730 Fat: 39% Sodium: 1037mg Carb: 81g	18 Chicken Curry 375 Rice Pilaf 134 Tarragon Carrots 77 WW Bread 160 Pineapple 1 Calories: 580 Fat: 22% Sodium: 920mg Carb: 78g	19 Mac n Cheese 404 Tomato Florentine 143 Fruit Loaf 160 Banana 1 Calories: 874 Fat: 34% Sodium: 881mg Carb: 116g	20 Turkey w/Gravy 373 Cranberry Sauce 3 Mashed Potatoes 52 Winter Squash 11 Multigrain Bread 190 Cookie 170 MOD: Graham Wafer 85 Calories: 790 Fat: 26% Sodium: 800mg Carb: 127g
23 American Chop Suey 211 White Rice 36 Roman Vegetable 26 Dinner Roll 210 Mixed Berries 4 Calories: 726 Fat: 24% Sodium: 659mg Carb: 106g	24 Chicken A La King 183 Confetti Rice 43 Scandinavian Blend Vegetable 42 WW Roll 160 Mandarin Oranges 6 Calories: 617 Fat: 29% Sodium: 606mg Carb: 71g	25 Hamburger 200 Cheddar Cheese 187 Ketchup 82 Potato Wedges 27 Hot German Slaw 81 Hamburger Roll 230 Cantaloupe 12 Calories: 790 Fat: 42% Sodium: 991mg Carb: 72g	26 Roasted Chicken 320 Red Pepper Pesto 1 Italian Pasta 1 Tuscan Vegetables 56 Multigrain Bread 190 Lemon Pound Cake 209 MOD: SF Cookie 85 Calories: 727 Fat: 24% Sodium: 948mg Carb: 97g	27 Beef & Broccoli 108 Asian Rice 78 Oatmeal Roll 121 Pineapple 1 Calories: 695 Fat: 35% Sodium: 480mg Carb: 72g
30 Shrimp 350 Pesto Cream 65 Mashed Potato 52 Riviera Vegetable 16 Wheat Bread 115 Mixed Fruit 10 Calories: 567 Fat: 18% Sodium: 781mg Carb: 81g	31 Omelet w/Broccoli and Cheese 388 Hash Browns 136 California Vegetable 27 Fruit Loaf 160 Orange Juice 0 Calories: 740 Fat: 38% Sodium: 883mg Carb: 88g	<p>* Indicates a food with more than 500mg of 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.</p>		<p>Milk: 110 Calories 125mg Sodium, 12g Carb</p> <p>Margarine: 36 Calories 47mg Sodium, 0gm Carb</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. If you want to cancel a meal, call no later than 10:30 a.m. on the day before delivery.