

# January 2010

\*Modification for sugar restricted diets

\*\*High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>If you are looking for sugar on a food label, be sure to look for the different kinds of sugars that may be added. All of the following are sugars and are digested by the body in the same way; sugar, brown sugar, fructose, high-fructose corn syrup, honey and molasses. If you don't see sugar as the first ingredient, look further on the label and see if any of the above are also listed. If sugar is the first ingredient it has to be listed first on the label, but the combination of different kinds of sugar will result in their being listed in different parts of the label although the combination of sugars may be greater than other ingredients. This may be true of cereals and some other foods.</p>				<p><b>1</b></p> <p><b>New Year's Day</b></p>
<p><b>4</b></p> <p><b>Goulash</b> Mixed Greens Creamed Carrots Italian Bread Peaches</p>	<p><b>5</b></p> <p><b>**Ham Hawaiian</b> Coconut Rice Polynesian Mixed Vegetables Wheat Dinner Roll Pineapple Betty</p>	<p><b>6</b></p> <p><b>Roast Turkey w/Gravy</b> Garlic Mashed Potato Spinach Rye Bread *Pudding w/Topping</p>	<p><b>7</b></p> <p>Cream of Broccoli Soup <b>Egg Salad</b> Succotash Wheat Hamburger Roll Apple/Raisin Compote</p>	<p><b>8</b></p> <p><b>Baked Fish</b> Roasted Potatoes Braised Red Cabbage 100 % Whole Wheat Bread Apple</p>
<p><b>11</b></p> <p><b>Salmon Boat</b> Rosemary Roasted Potatoes Mixed Vegetables Oatmeal Bread Pears</p>	<p><b>12</b></p> <p><b>Stuffed Cabbage</b> Casserole Harvard Beets Broccoli Rye Bread Fruit Cocktail</p>	<p><b>13</b></p> <p><b>Oriental Chicken</b> w/Mushrooms Brown Rice Oriental Mixed Vegetables 100 % Whole Wheat Bread Pineapple</p>	<p><b>14</b></p> <p><b>Roast Pork w/Gravy</b> Red Potatoes Cheesy Brussels Sprouts Multi Grain Bread *Pudding w/Topping</p>	<p><b>15</b></p> <p><b>Calico Beans w/Sausage Links</b> Roasted Potatoes Winter Blend Vegetables Sourdough Bread Apple Sauce</p>
<p><b>18</b></p> <p><b>Martin Luther King Day</b></p>	<p><b>19</b></p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Almondine 100 % Whole Wheat Bread *Pudding w/Topping</p>	<p><b>20</b></p> <p>Split Pea w/Ham Soup <b>Chicken Salad</b> Broccoli Wheat Hamburger Roll Apple Crisp</p>	<p><b>21</b></p> <p><b>**Hot Dog</b> Baked Beans Coleslaw Hot Dog Roll Peach Crisp</p>	<p><b>22</b></p> <p><b>Lasagna w/ Meat Sauce</b> Cauliflower au gratin Butternut Squash Italian Bread Orange</p>
<p><b>25</b></p> <p><b>Beef Burgundy</b> Buttered Noodles Winter Blend Vegetables Oatmeal Bread Pineapple</p>	<p><b>26</b></p> <p>Minestrone Soup <b>Salisbury Steak</b> Roasted Potatoes Multi Grain Bread Peaches</p>	<p><b>27</b></p> <p><b>Meatballs w/Sauce</b> Ziti w/Tomato Sauce Mixed Greens 100 % Whole Wheat Bread *Pudding w/Topping</p>	<p><b>28</b></p> <p><b>Baked Chicken</b> Mashed Potatoes Summer Squash Wheat Dinner Roll Mixed Fruit</p>	<p><b>29</b></p> <p><b>Barbecued Pork</b> Sweet Potato Spinach Rye Bread Pears</p>

If you will not be home when your meal is delivered  
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION  
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.