

October 2008

**high sodium entrees, *modification for restricted sugar available

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose dark green, bright red, and deep yellow for your salads. Lettuce should be dark green leaf lettuce or an equivalent, bright red peppers or tomatoes and deep yellow peppers or orange carrots. Then your salad is worth eating and a plus to your diet nutritionally.		1 Chicken Divan Parslied Noodles Spinach Biscuit Pudding w/ Topping*	2 Roast Pork w/Gravy Red Potatoes au Gratin Summer Squash Rye Bread Peaches	3 Liver and Onion Mashed Potatoes Braised Red Cabbage 100% Whole Wheat Bread Banana
6 Roast Turkey w/ Gravy Mashed Potatoes Creamed Carrots 100% Whole Wheat Bread Peaches	7 Calico Beans w/Sausage Wild Rice Blend Broccoli Cuts Rye Bread New Macintosh Apple	8 Meatballs w/Sauce Ziti Italian Green Beans Italian Bread Pineapple	9 Baked Fish Roasted Potatoes Butternut Squash Multi Grain Bread Applesauce	10 Lentil Soup Macaroni & Cheese Stewed Tomatoes Potato Bread Pudding w/ Topping*
13 COLUMBUS DAY	14 Baked Chicken Boiled New Potatoes Mixed Vegetables Multi Grain Bread Fruit Smoothie*	15 Split Pea Soup Ham Salad** Broccoli Cuts Hamburger Roll Apple Crisp*	16 Salmon Boat w/Newburg Sauce Brown Rice Pilaf Spinach Rye Bread Pudding w/Topping*	17 Meatloaf w/Mushroom Gravy Mashed Potatoes Green Beans Almandine 100% Whole Wheat Bread Mixed Fruit
20 Stuffed Pepper Rice Succotash Rye Bread Pineapple	21 Beef Barley Soup Barbecue Chicken Spinach 100% Whole Wheat Bread Applesauce	22 Hot Dog** Baked Beans Cole Slaw Hot Dog Roll Mixed Fruit Compote	23 Roast Turkey w/Gravy Mashed Potatoes Winter Blend Vegetable Whole Wheat Dinner Roll Peaches	24 Veal Parmesan Shells w/Sauce Mixed Greens Italian Bread Pudding w/Topping*
27 Chicken Cacciatore Mashed Potatoes Broccoli Cuts Multi Grain Bread Pears	28 Lasagna Italian Mixed Vegetables Peas Sourdough Bread Orange	29 Beef Burgundy w/Mushrooms Buttered Noodles Glazed Carrots 100% Whole Wheat Bread Pineapple	30 Roast Pork w/Gravy Herbed Roasted Red Potatoes Corn w/Pimento Potato Bread Pudding w/Topping*	31 Halloween Minestrone Soup Barbecued Beef Cauliflower au Gratin Rye Bread Cookie

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.