

October 2007

*modifications for reduced sugar available, ** high sodium (salt) meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Calico Beans w/ sausage au gratin Potatoes Mixed Vegetables 100% Whole Wheat Bread Applesauce	2 Pork Riblet w/ Sweet and Sour Sauce Red Potatoes Green Beans Almondine Biscuit Peaches	3 Chef's Salad Pasta Salad Cole Slaw Multi Grain Bread Pears	4 Chicken Divan Brown Rice Pilaf Spinach Oat bread Pudding w/Topping*	5 Clam Chowder Salmon Boat w/ Cream Sauce Broccoli Dinner Roll Cookie*
8 COLUMBUS DAY	9 Macaroni & Cheese Stewed Tomatoes Glazed Carrots Multi Grain Bread Pudding w/Topping*	10 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Wheat Dinner Roll Fresh Fruit	11 Lentil Soup Egg Salad Mixed Greens Hamburger Roll Stewed Pears	12 Baked Chicken Wild & Brown Rice Corn w/Pimento Sour Dough Bread Pineapple
15 Cabbage Casserole Garlic Roasted Potatoes Yellow Squash 100% Whole Wheat Bread Fresh Fruit	16 Chicken a la Orange Sweet Potatoes Peas w/Mushrooms Rye Bread Pineapple	17 Hot Dog** Baked Beans Cole Slaw Hot Dog Roll Baked Apple Special	18 Beef Stroganoff w/ Mushrooms Buttered Noodles Spinach Florentine Potato Bread Peaches	19 Meat Loaf Mashed Potatoes Brussels Sprouts Rye Bread Pudding w/Topping*
22 Chicken Cacciatore Wild Rice Blend Succotash Wheat Bread Pineapple	23 Meatballs Ziti w/Sauce Broccoli Italian Bread Pears	24 Tuna Salad Potato Salad Carrot Raisin Salad Hot Dog Roll Fresh Fruit	25 Minestrone Soup Pepper Steak Spinach Seeded Steak Roll Pudding w/Topping*	26 Roasted Turkey w/Gravy Mashed Potatoes Creamed Carrots Dinner Roll Applesauce
29 Baked Ham w/** Raisin Sauce Sweet Potatoes Cauliflower au gratin Multi Grain Bread Peaches	30 Chicken Fettuccini Buttered Noodles Broccoli Oat Bread Fresh Fruit	31 Halloween Potato Leek Soup Roast Pork w/Gravy Winter Squash Rye Bread Halloween Cupcakes*		

Nutrition message: Calcium and Vitamin D are important for maintenance of bones and osteoporosis. Choose at least 2 cups of milk per day as well as low fat cheese and yogurt.

**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**