

September 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed Labor Day	2 Macaroni & Cheese Stewed Tomatoes Mixed Greens 100% Whole Wheat Bread Pears	3 Chef Salad Potato Salad Carrot Raisin Salad Rye Bread Fruit Smoothie*	4 Goulash Cauliflower au Gratin Green Beans Multi Grain Bread Cookie*	5 Roast Turkey w/ Gravy Mashed Potatoes Summer Squash Dinner Roll Pineapple
8 Breaded Pork Patty Roasted Potatoes Sweet/Sour Red Cabbage Sour Dough Bread Applesauce	9 Chicken Parmesan Shells w/ Sauce Broccoli Cuts Potato Bread Peaches	10 Baked Fish Brown Rice Pilaf Mixed Vegetables 100% Whole Wheat Bread Pineapple	11 Meatloaf w/ Mushroom Gravy Scalloped Potatoes Italian Green Beans Multi Grain Bread Pudding w/ Topping*	12 Lasagna Spinach Carrots Italian Bread Pears
15 Baked Ham** Glazed Sweet Potatoes Broccoli Rye Bread Apple	16 Creamed Chipped Beef Mashed Potatoes Peas w/ Mushrooms Dinner Roll Fruit Smoothie*	17 Chicken Salad Tossed Salad Three Bean Salad Hamburg Roll Pineapple	18 Roast Pork w/ Gravy Herb Roasted Potatoes Zucchini Squash Multi Grain Bread Applesauce	19 Salmon Boat w/ Sauce Wild Rice Blend Mixed Greens 100% Whole Wheat Bread Fruited Gelatin w/ Topping *
22 Veal w/ Pepper Ziti w/ Sauce Italian Vegetables Grinder Roll Pineapple	23 Hot Dog ** Baked Beans Sauerkraut Hot Dog Roll Watermelon	24 Roast Turkey w/ Gravy Garlic Mashed Potatoes Green Beans Almandine 100% Whole Wheat Bread Banana	25 Chicken a la Orange Roasted Potatoes Broccoli Cuts w/ Cheese Sauce Rye Bread Pudding w/ Topping*	26 Lentil Soup Roast Pork w/Gravy Succotash Multi Grain Bread Orange
29 Swedish Meatballs Buttered Noodles Mixed Vegetables 100% Whole Wheat Bread Pineapple	30 Barbecued Pork Black Beans & Rice Stewed Tomatoes Potato Bread Mixed Fruit	The Dash Diet developed by the National Heart, Lung and Blood Institute emphasizes fruit, vegetables and low-fat dairy food while reducing sodium, saturated fat, total fat and cholesterol. This diet has been shown to reduce blood pressure as well as significantly decrease heart disease and stroke. A booklet describing the diet can be obtained for \$3.50 by calling (301) 592-8573.		

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201

All contributions are returned to the community by helping cover the cost of nutrition programs and servi

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs