

SEPTEMBER, 2007

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 3 LABOR DAY | 4 Liver & Onions Red Potatoes Succotash Bread Peaches | 5 Baked Fish Roasted Potatoes Carrots Bread Pudding* | 6 Stuffed Cabbage Casserole Wax Beans Spinach Bread Pineapple | 7 Tuna Salad Tortellini Salad Carrot Raisin Salad Hot Dog Roll Fresh Fruit Cup |
| 10 Veal Parmesan w/Cheese Pasta Italian Blend Vegetables Bread Pineapple | 11 Hot Dog** Sauerkraut Baked Beans Hot Dog Roll Pudding* | 12 Chicken Cacciatori Roasted Potatoes Corn Biscuit Peaches | 13 Roast Turkey, w/Gravy Mashed Potatoes Green Beans Almondine Bread Applesauce | 14 Sweet & Sour Meatballs Rice Blend Mixed Vegetables Bread Watermelon |
| 17 Baked Chicken Scalloped Potatoes Butternut Squash Bread Pears | 18 Macaroni & Cheese Green Beans Stewed Tomatoes Bread Applesauce | 19 Chef's Salad Potato Salad Three Bean Salad Hamburger Roll Peaches | 20 Baked Ham** Glazed Sweet Potatoes Broccoli Bread Pudding* | 21 Roast Pork, Gravy Roasted Potatoes Peas Bread Gelatin w/ Fruit |
| 24 Salisbury Steak, w/Gravy Au Gratin Potatoes Carrots Bread Applesauce | 25 Meat Loaf, w/Gravy Rice Blend Broccoli Bread Pineapple | 26 Roast Turkey, Gravy Mashed Potatoes Brussels Sprouts Bread Peaches | 27 Stuffed Pepper Casserole Green Beans Summer Squash Bread Fresh Fruit Cup | 28 Beef Burgundy Buttered Noodles Spinach Bread Pudding* |

Nutrition message: It is important to have a good source of Vitamin C (Ascorbic Acid) daily because it is not stored in the body. Good sources are citrus fruits and juices, potatoes, dark green vegetables such as broccoli and spinach, cabbage, tomatoes and pineapple.

**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.