



September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
 Labor Day--CLOSED	Biscuits & Gravy 1.5 Tomatoes Hard Boiled Egg Banana 2 Fruited Yogurt 2	Burger Cabbage Casserole 1 Green Beans Orange 1 Strawberry Whip Salad (2)	Chicken Parmesan (1.5) Spaghetti Noodles 1 Spinach Salad Apricots 1 Roll 1	Baked Cod Potato 2 Brussels Sprouts w/cheese Creamy Fruit Salad 1.5 Apple Crisp 2
9	10	11	12	13
Hot Turkey Sandwich Mashed Potatoes 1 Lemon Broccoli Fruit & Cottage Cheese 1	Lemon Pepper Fish Sweet Potato 1 Corn 1 Strawberries 1 Short Cake 1	Goulash 2 Lettuce Salad Melon Cup 1 Roll 1 Peanut Butter Bar 1	Hamloaf .5 Baked Potato w/ Sour Cream 2 Green Beans Cherry Fruit Salad 1.5	Tuna Salad Sandwich 2 Chips 1 Coleslaw .5 Banana 2 Lemon Square 1.5
16	17	18	19	20
Pork Loin 1 Cheesy Potatoes 1.5 Capri Vegetables .5 Roll 1 Apricots 1	Sloppy Joe 1.5 Potato Wedges 1 Mixed Vegetables 1 Cinnamon Applesauce 1 Berry Crisp 2	Soft Shell Taco 1 Tortilla Chips 0.5 Salsa Fiesta Corn 1 Strawberries 1 Short Cake 2	Oven Fried Chicken Mashed Potatoes & Gravy 1 Brussels Sprouts w/Cheese 1 Spiced Peaches 1 Chocolate Chip Cookie 1	Sausage Pizza 2.5 Carrot Raisin Salad Fruited Yogurt 2 Banana Orange Salad 1
23	24	25	26	27
Tuna Casserole 1 Lima Beans 1 Roll 1 Mixed Berries 1 Chocolate Pudding/Topping 2	Turkey Sandwich 1.5 Broccoli Soup 1 Crackers 1 Fruit Salad 1 Cookie 1	Steak in Brown Gravy Whipped Potatoes 1 Spinach Salad Apple 1 Pumpkin Bar 1.5	BBQ Roast Pork Sandwich 1.5 Sweet Potato Fries 1.5 3 Bean Salad 1 Strawberries 1 Brownie 1.5	Cook's Choice Ham & Bean Soup Mixed Vegetables Peach Cobbler Corn Bread
30				
Cook's Choice Chicken & Wild Rice Soup Crackers BLT Pasta Salad Banana Dessert		To Reserve or Cancel a meal, call 792-7102 or Toll Free 1-866-942-7102	DON'T FORGET TO CALL IF YOU ARE NOT GOING TO BE HOME WHEN YOUR MEAL ARRIVES!	

*Salt shaker indicates meals that are above 800 mg of sodium.

*Milk offered with all meals and equals one carb choice. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number by the meal represents the carbohydrate choice count. One carbohydrate is 15 grams which equals 1 choice.


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