
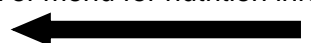






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p>Menu A - Meals On Wheels **Menu B - Senior Centers Only**</p> <p> This meal is high in sodium</p> <p>See back of menu for nutrition information. </p>		OCT	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	1
		Week 1	711	96.8	988	A: Roast Beef with Gravy B: Pork with Country Gravy
		Week 2	737	96.3	932	Whipped Potatoes
		Week 3	736	102.5	766	Okra and Tomatoes
		Week 4	743	100.1	936	Cornbread Muffin
		Daily Standard		100 grams	800-1000 mg	Diced Pears
Targeted Daily		650-750				
4	5	6	7	8		
A: Italian Shells and Cheese B: Chicken and Dumplings Green Peas Monaco Vegetables Dinner Roll Chocolate Pudding *Diet - Chocolate Pudding 	A: Beef Shepherd's Pie B: Turkey Pot Pie Stewed Tomatoes Lemon Zest Broccoli Texas Bread Fresh Fruit	A: Sliced Turkey Breast w/Gravy B: Herbed Pork Loin Mashed Red Potatoes Spring Vegetables Wheat Roll Rice Krispy Treat 	A: Chicken Tenders/Honey Mustard B: BBQ Pork Rib Patty Roasted Sweet Potatoes Green Beans Wheat Bread Fresh Fruit	A: Beef Chili with Beans B: Chicken Gumbo Rosemary Carrots Spinach Cornbread Muffin Applesauce		
11	12	13	14	15		
A: Sloppy Joe B: Breaded Chicken Patty Sliced Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit	A: Marinara Turkey Meatballs B: Polish Sausage w/Sauerkraut Whipped Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit	Birth Day! A: Oved Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream 	A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Cinnamon Applesauce	A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin		
18	19	20	21	22		
A: Mushroom Chopped Steak B: Honey Baked Chicken Whipped Potatoes Glazed Carrots Texas Bread Mixed Fruit	A: Pesto Turkey Meatballs B: Beef Burgundy Rotini Pasta Italian Vegetables Multigrain Bread Oatmeal Cream Cookie	A: Chicken Alfredo B: Cheesy Beef Ziti Italian Green Beans Scalloped Tomatoes Wheat Roll Tropical Fruit	A: Cheeseburger Macaroni B: Tuna Noodle Bake Broccoli Cauliflower with Red Peppers Wheat Bread Butterscotch Pudding *Diet - Vanilla Pudding	A: Baked Chicken with Gravy B: Honey Mustard Glazed Ham Mixed Beans Chuckwagon Corn Cornbread Muffin Fresh Banana		
25	26	27	28	29		
A: Lemon Pepper Fish B: Western Baked Beef Twice Whipped Potatoes Creamed Peas Wheat Bread Nutty Buddy Bar	A: Salisbury Beef w/Onion Gravy B: Chicken Piccata Cheesy Rice Mixed Vegetables Wheat Bread Fresh Fruit	A: Turkey and Rice Casserole B: Beef Stroganoff Harvard Beets Brussels Sprouts Multigrain Bread Fruited Cherry Gelatin *Diet - Fruited Gelatin	A: Meatloaf with Brown Gravy B: Tuscan Pork Roast Lima Beans Parmesan Tomatoes Dinner Roll Chocolate Chip Cookie *Diet - Graham Crackers 	A: Spinach Lasagna B: Beef Spaghetti Casserole Peas and Carrots Broccoli Texas Bread Fresh Fruit 