










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
<p>3</p> <p>A: Italian Shells and Cheese B: Chicken and Dumplings Green Peas Monaco Vegetables Wheat Bread Chocolate Pie Parfait * Diet - Chocolate Pudding</p>	<p>4</p> <p>A: Beef Frito Pie B: Turkey Chili with Beans Confetti Rice Lemon Zest Broccoli Corn Chips Fresh Fruit</p>	<p>5</p> <p>A: Sliced Turkey Breast with Gravy B: Herbed Pork Loin Pesto Penne Pasta Spring Vegetables Texas Bread Rice Krispy Treat</p> 	<p>6</p> <p>A: Honey Mustard Chicken B: BBQ Pork Rib Patty Whole Kernel Corn Green Beans Wheat Bread Fresh Fruit</p>	<p>7</p> <p>A: Beef Chili with Beans B: Turkey Gumbo Oven Roasted Potatoes Rosemary Carrots Cornbread Muffin Rosy Applesauce</p> 																												
<p>10</p> <p>A: Sloppy Joe B: Breaded Fish Sweet Potato Puffs Green Beans Hamburger Bun Fresh Fruit</p>	<p>11</p> <p>A: Beef Hot Dog B: Polish Sausage with Sauerkraut Ranch Beans Sliced Carrots Hot Dog Bun Fresh Fruit</p> 	<p>12</p> <p>Birthday Day!</p> <p>A: Oven Fried Chicken Thigh B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Orange Sherbet</p> 	<p>13</p> <p>A: Creole Beef Steak B: Creamy Pork Loin Northern Beans Catalina Vegetables Texas Bread Graham Crackers</p> 	<p>14</p> <p>A: Rosemary Chicken B: Liver and Onions Rice Mixed Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin</p>																												
<p>17</p> <p>A: Turkey Cacciatore B: Chicken Ratatouille Parslied Penne Pasta Green Beans Almandine Texas Bread Fresh Fruit</p>	<p>18</p> <p>A: Teriyaki Beef B: Sweet and Sour Pork Loin Rice Ginger Carrots Dinner Roll Graham Crackers</p> 	<p>19</p> <p>A: Lemon Caper Chicken B: Salisbury Steak Mixed Beans Green Peas with Pearl Onions Multigrain Bread Fresh Banana</p>	<p>20</p> <p>A: Swedish Beef Meatballs B: Sliced Turkey Breast with Gravy Whipped Potatoes Broccoli Cornbread Muffin Fruited Lemon Gelatin *Diet - Fruited Gelatin</p>	<p>21</p> <p>A: Turkey Pot Roast with Gravy B: Breaded Fish Baked Potato Half Okra and Tomatoes Texas Bread Oatmeal Cream Cookie</p>																												
<p>24</p> <p>A: Beef Taco Meat B: Chicken Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Tortilla Chips Hot Cinnamon Applesauce</p>	<p>25</p> <p>A: Turkey and White Beans B: Tuna Tetrazzini Broccoli Sliced Carrots Texas Bread Fruit Cocktail</p>	<p>26</p> <p>A: Tomato Swiss Steak B: BBQ Mustard Shredded Pork Rice Pilaf Green Beans Multigrain Bread Fresh Fruit</p>	<p>27</p> <p>A: Lemon Herb Chicken B: Country Fried Steak with Gravy Crispy Cubed Potatoes Orange Beets Wheat Bread Fresh Fruit</p> 	<p>28</p> <p>A: Loaded Potato Casserole B: Spaghetti Torte Herbed Green Peas Tossed Salad Texas Bread Peach Compote</p>																												
<p>31</p> <p>A: Rosemary Chicken B: Western Baked Beef Whipped Potatoes Creamed Peas Wheat Bread Nutty Buddy Bar</p> 	<p align="center">Menu A - Home-Delivered Meals **Menu B - Senior Centers Only**</p> <p align="center">Suggested meal donation • \$3.00</p>		<table border="1"> <thead> <tr> <th>OCT</th> <th>Calories Weekly Average</th> <th>Carbohydrates Weekly Average</th> <th>Sodium Weekly Average</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td>728</td> <td>103.2</td> <td>850</td> </tr> <tr> <td>Week 2</td> <td>746</td> <td>98.3</td> <td>995</td> </tr> <tr> <td>Week 3</td> <td>710</td> <td>95.3</td> <td>965</td> </tr> <tr> <td>Week 4</td> <td>670</td> <td>93.2</td> <td>973</td> </tr> <tr> <td>Daily Standard</td> <td></td> <td>100 grams</td> <td>800-1000 mg</td> </tr> <tr> <td>Targeted Daily</td> <td>650-750</td> <td></td> <td></td> </tr> </tbody> </table>		OCT	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	Week 1	728	103.2	850	Week 2	746	98.3	995	Week 3	710	95.3	965	Week 4	670	93.2	973	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750		
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 This meal is high in sodium. See back of menu for nutrition information.