


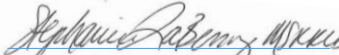


# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102</b>		
<b>3</b>  <b>Labor Day CLOSED</b>	<b>4</b> Biscuits & Gravy 1.5 Hash brown Casserole 1  Hard Boiled Egg Banana 2 Fruited Yogurt 2	<b>5</b> Burger Cabbage Casserole 1 Brussels Sprouts Orange 1 Strawberry Whip Salad (2)	<b>6</b> Chicken Parmesan (1.5) Spaghetti Noodles 1 Spinach Salad Apricots 1 Whole Wheat Roll 1	<b>7</b> Baked Cod Potatoes 2 Green Beans Creamy Fruit Salad 1.5 Apple Crisp 2
<b>10</b> Hot Turkey Sandwich Mashed Potatoes 1 Broccoli Fruit & Cottage Cheese 1	<b>11</b> Cook's Choice Ham & Bean Soup Mixed Vegetables Tomatoes Strawberries Corn Bread	<b>12</b> Goulash 2 Lettuce Salad Melon Cup 1 Garlic Bread 1 Rice Crispy Bar 1	<b>13</b> Ham Loaf with Glaze .5 Duchess Potatoes 2 Green Beans Cherry Fruit Salad 1.5	<b>14</b> Tuna Salad Sandwich 2 Chips 1 Green Pepper Coleslaw .5 Banana 2 Lemon Cookie 1.5
<b>17</b> Pork Loin 1 Cheesy Potatoes 1.5 Capri Vegetables .5 Apricots 1	<b>18</b> Meatloaf Baked Potatoes 1 Mixed Vegetables 1 Cinnamon Applesauce 1 Blueberry Cake 1	<b>19 BIRTHDAY DAY</b> Taco Salad 0.5 Tortilla Chips 0.5 Salsa Fiesta Corn 1 Strawberries 1 Cake 2	<b>20</b> Oven Fried Chicken Mashed Potatoes & Gravy 1 Brussels Sprouts w/Cheese 1 Spiced Peaches 1 Cookie 1.5	<b>21</b> Pizza Casserole 2.5 Carrots Fruited Yogurt 2 Banana Orange Salad 1 
<b>24</b> Tuna Casserole 1 Lima Beans 1 Whole Wheat Roll 1 Mixed Fruit 1 Chocolate Pudding 2	<b>25</b> Turkey Sandwich 1.5 Minestrone Soup 1 Crackers 1 Fruit Salad 1 Pineapple/Cherry Crisp 2.5	<b>26</b> Beef Patty in Brown Gravy Whipped Potatoes 1 Spinach Salad Apple 1 Pumpkin Bar 1.5	<b>27</b> BBQ Pork Sandwich 1.5 Sweet Potato Tots 1.5 3 Bean Salad 1 Strawberries 1 Cookie 1.5	<b>28</b> Cook's Choice Chili Corn Cinnamon Roll Mandarin Oranges

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

\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes.

  
Stephanie Labenz, RD, LD