




# Home Delivered Menu

MENUS WITH MORE THAN 2300 MG OF SODIUM FOR THE DAY (CONDIMENTS NOT INCLUDED)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SLICED TURKEY &amp; GRAVY</b> MASHED POTATOES BROCCOLI <b>MACARONI AND CHEESE</b> SPINACH CORN FRESH ORANGE POUND CAKE 1	<b>CHICKEN MARSALA</b> BROWN RICE BRUSSELS SPROUTS OVEN BAKED TOMATO HALF <b>SALISBURY STEAK WITH GRAVY</b> CARROTS PEAS OATMEAL COOKIES APPLESAUCE 2	<b>SPINACH CANNELLONI</b> CORN CALIFORNIA BLEND <b>TURKEY ENCHILADA CASSEROLE</b> CARROTS AND PEAS GREEN BEANS WHEAT BREAD FRESH ORANGE TAPIOCA PUDDING 3	<b>BEEF STEAK &amp; ONION GRAVY</b> MASHED POTATOES CREAMED SPINACH <b>TERIYAKI CHICKEN OVER RICE</b> PEAS ASIAN VEGETABLES CHOCOLATE PUDDING 4	<b>ROTINI &amp; MEAT SAUCE</b> ITALIAN GREEN BEANS HARVARD BEETS <b>BBQ PORK RIBLET</b> MASHED POTATOES SPINACH FRESH FRUIT GRAHAM CRACKERS 5
<b>GLAZED HAM</b> SWEET POTATOES LIMA BEANS <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN CHOCOLATE CHIP COOKIES 8	<b>MEATLOAF &amp; MUSHROOM GRAVY</b> ITALIAN BLEND VEGETABLES BAKED POTATO <b>SCRAMBLED EGGS WITH HAM</b> HASH BROWN POTATOES CINNAMON APPLES OATMEAL COOKIES ORANGE JUICE 9	<b>TUNA CASSEROLE</b> GREEN PEAS HARVARD BEETS <b>CHICKEN CORDON BLEU</b> BROWN RICE CALIFORNIA BLEND VEGETABLES BANANA SUGAR COOKIES WHEAT BREAD ORANGE JUICE 10	 11	<b>CHILI OVER RICE</b> BAKED TOMATO HALF CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI VANILLA PUDDING 12
<b>CHICKEN PARMIGIANA</b> SPAGHETTI & SAUCE SPINACH <b>BEEF STROGANOFF WITH EGG NOODLES</b> CARROTS PEAS APPLES VANILLA PUDDING 15	<b>SALISBURY STEAK &amp; GRAVY</b> BAKED POTATO HARVARD BEETS <b>CHEESE CANNELLONI</b> GREEN BEANS PEAS & CARROTS WHEAT BREAD APPLESAUCE CHOCOLATE CHIP COOKIES 16	<b>BREADED CHICKEN PATTY &amp; GRAVY</b> CARROTS BROCCOLI <b>MACARONI, CHEESE &amp; HAM</b> CREAMED SPINACH CORN APPLESAUCE 17	<b>ROAST BEEF &amp; GRAVY</b> MASHED POTATOES CHUCKWAGON CORN <b>SPINACH LASAGNA</b> CARROTS ZUCCHINI GRAHAM CRACKERS ORANGE 18	<b>FISH FILET IN DILL SAUCE</b> BROWN RICE CREAMED SPINACH <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES 19
<b>SPAGHETTI &amp; MEATBALLS</b> BROCCOLI ITALIAN BLEND VEGETABLES <b>PINEAPPLE GLAZED HAM</b> MASHED POTATOES GREEN BEANS VANILLA PUDDING 22	<b>BARBEQUE CHICKEN</b> BAKED SWEET POTATO SUCCOTASH <b>TURKEY ALA KING</b> PEAS CARROTS SUGAR COOKIES APPLESAUCE 23	<b>ROAST TURKEY &amp; GRAVY</b> STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE <b>MEATLOAF WITH BROWN GRAVY</b> MASHED POTATOES CALIFORNIA BLEND 24	 25	
<b>FISH FILET IN LEMON SAUCE</b> BROWN RICE CARROTS <b>CHEESE LASAGNA</b> GREEN BEANS MIXED VEGETABLES FRESH ORANGE CHOCOLATE PUDDING 29	<b>MACARONI, HAM &amp; CHEESE</b> SPINACH BAKED TOMATO HALF <b>SWEDISH MEATBALLS OVER EGG NOODLES</b> MIXED VEGETABLES PEAS OATMEAL COOKIES 30	 26		

# Home Delivered Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SLICED PEARS FROSTED MINI-WHEATS YOGURT LOW FAT MILK          <b>1</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK          <b>2</b>	WAFFLES SYRUP MARGARINE (2) LOW FAT MILK          <b>3</b>	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK          <b>4</b>	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK          <b>5</b>
ORANGE JUICE 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK          <b>8</b>	FRESH FRUIT TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK          <b>9</b>	PEACHES SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK          <b>10</b>	 <b>Veteran's Day</b>          <b>11</b>	ORANGE JUICE RAISIN BRAN FRUITED YOGURT LOW FAT MILK          <b>12</b>
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK          <b>15</b>	ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST (1) MARGARINE (1) LOW FAT MILK          <b>16</b>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK          <b>17</b>	PEACHES FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK          <b>18</b>	ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK          <b>19</b>
FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK          <b>22</b>	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK          <b>23</b>	ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK          <b>24</b>	 <b>THANKSGIVING</b>          <b>25</b>	
FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK          <b>29</b>	ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK          <b>30</b>	<h1>November</h1>  <b>2021</b>		