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



Home Delivered Menu

KATIE O'MARA, M.S., R.D.

DONATION: \$9.00

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

12

19

26



MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI MACARONI AND CHEESE SPINACH CORN

POUND CAKE FRESH FRUIT WHEAT BREAD

1

8

PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES **TERIYAKI MEATBALLS OVER RICE**

GREEN BEANS **CARROTS** WHEAT BREAD CHOCOLATE PUDDING

SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES **TUNA NOODLE CASSEROLE PEAS** CREAMED CORN

CHOCOLATE CHIP COOKIES

MACARONI & CHEESE

STEWED TOMATOES

GLAZED HAM SWEET POTATOES LIMA BEANS **TURKEY ALA KING PEAS CARROTS GRAHAM CRACKERS**

SCALLOPED POTATOES **CARROTS ROTINI IN MEAT SAUCE** MIXED VEGETABLES ITALIAN GREEN BEANS CHOCOLATE PUDDING **ORANGE JUICE**

BAKED CHICKEN

6

13

20

SPAGHETTI & MEATBALLS CORN ITALIAN BLEND **CHICKEN CORDON BLEU BROWN RICE** CALIFORNIA BLEND VEGETABLES CORN

BEEF STEAK W/ ONION GRAVY MASHED POTATOES **GREEN BEANS**

CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS CHOCOLATE CHIP COOKIES

MASHED POTATOES MIXED VEGETABLES WHEAT BREAD **APPLESAUCE** 11

18

25

BROCCOLI

FISH STICKS

BBQ BEEF BAKED BEANS HASH BROWNS **CHEESE CANNALONI GREEN BEANS**

PEAS AND CORN **OATMEAL COOKIES** FRUIT COCKTAIL

ROTINI IN A SAVORY MEAT SAUCE ITALIAN BLEND VEGETABLES SPINACH

PINEAPPLE GLAZED HAM MASHED POTATOES **GREEN BEANS** SUGAR COOKIES

CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS **CHILI GREEN PEAS CORN & CARROTS** CHOCOLATE CHIP COOKIES

SWISS STEAK

MASHED POTATOES CAPRI BLEND VEGETABLES **BBQ PORK RIBLET** MASHED POTATOES **SPINACH** POUND CAKE

MEATLOAF & GRAVY HASH BROWN POTATOES CALIFORNIA BLEND VEGETABLES **HONEY MUSTARD HAM SWEET POTATOES CUT CORN**

APPLE SAUCE

LEMON ROSEMARY CHICKEN **CREAMED SPINACH BRUSSELS SPROUTS** SPINACH LASAGNA **CARROTS ZUCCHINI**

POLISH SAUSAGE STEWED TOMATOES COUNTRY STYLE HASH BROWNS TUNA NOODLE CASSEROLE **PEAS** CREAMED CORN WHEAT BREAD FRESH FRUIT

15 14 **TURKEY ENCHILADA**

BARBEQUE CHICKEN

MASHED POTATOES CREAMED SPINACH **MACARONI SHELLS IN MEAT SAUCE**

ITALIAN BLEND VEGETABLES CORN **VANILLA PUDDING**

TERIYAKI MEATBALLS OVER EGG NOODLES MIXED VEGETABLES

BROCCOLI CHICKEN CORDON BLEU OVER BROWN RICE

CALIFORNIA BLEND VEGETABLES CORN

OATMEAL COOKIES BARBEQUE BEEF

HASH BROWN POTATOES

SPINACH LASAGNA

BAKED BEANS

FRUIT COCKTAIL

CARROTS

ZUCCHINI

CHICKEN PRIMAVERA **CASSEROLE** ITALIAN BLEND VEGETABLES **GREEN BEANS**

ORANGE JUICE

MEATLOAF & TOMATO SAUCE GREEN BEANS/CARROTS WHEAT BREAD SLICED PEARS **OATMEAL COOKIES**

CASSEROLE SPANISH RICE **BROCCOLI** CHICKEN CACCIATORE **OVER ROTINI** SPINACH MIXED VEGETABLES

FRESH ORANGE CHOCOLATE CHIP COOKIES CHICKEN PARMESAN

SPINACH BEEF STROGANOFF OVER NOODLES

SPAGHETTI & SAUCE

CARROTS GREEN BEANS FRESH FRUIT CHOCOLATE CHIP COOKIES

29

22



Home Delivered Breakfast

FRIDAY TUESDAY THURSDAY MONDAY WEDNESDAY FROSTED MINI-WHEATS **BREAD FOR TOAST** MARGARINE LOW FAT MILK 1 **ORANGE JUICE ORANGE JUICE BANANA** FRESH FRUIT 1/2 BAGEL OATMEAL **ORANGE JUICE** TOASTED OATS SCRAMBLED EGGS PEANUT BUTTER ALMONDS AND RAISINS **RAISIN BRAN** YOGURT **BREAD FOR TOAST (2)** LOW FAT MILK BANANA **JELLY** LOW FAT MILK **JELLY** LOW FAT MILK **MARGARINE** MARGARINE (2) LOW FAT MILK LOW FAT MILK 5 6 8 FRESH FRUIT **ORANGE JUICE ORANGE JUICE** ORANGE JUICE ORANGE JUICE 1/2 BAGEL RAISIN BRAN TOASTED OATS FRENCH TOAST OATMEAL **BREAD FOR TOAST SYRUP** PEANUT BUTTER **YOGURT** ALMONDS AND RAISINS **JELLY** MARGARINE LOW FAT MILK MARGARINE (2) LOW FAT MILK LOW FAT MILK MARGARINE LOW FAT MILK LOW FAT MILK 11 12 13 15 14 FRESH FRUIT **BANANA** FRESH FRUIT **ORANGE JUICE** FRESH FRUIT SCRAMBLED EGGS 1/2 BAGEL **BRAN FLAKES** FRENCH TOAST TOASTED OATS PEANUT BUTTER **BREAD FOR TOAST SYRUP BREAD FOR TOAST BREAD FOR TOAST** JELLY MARGARINE MARGARINE (2) **MARGARINE JELLY** MARGARINE LOW FAT MILK LOW FAT MILK LOW FAT MILK **MARGARINE ORANGE JUICE** LOW FAT MILK LOW FAT MILK 18 19 20 21 22 ORANGE JUICE BANANA FRESH FRUIT **ORANGE JUICE** ORANGE JUICE FROSTED MINI-WHEATS **BRAN FLAKES WAFFLES** TOASTED OATS OATMEAL YOGURT **SYRUP** YOGURT **BREAD FOR TOAST** ALMONDS AND RAISINS LOW FAT MILK MARGARINE (2) LOW FAT MILK MARGARINE LOW FAT MILK LOW FAT MILK LOW FAT MILK 25 26 27 28 29