

**Soup and Salad Bar Wednesdays only at Senior Center**

**October 2018**



High in Sodium

Meals are Prepared with Low Sodium

No eligible individual shall be denied participation due to inability to pay

**Nutrient of the Month:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Oven Baked chicken Wheat bread/Margarine Mashed potato/gravy Green Salad/carrot/tom Baked Beans Apricot Milk</p>	<p>2</p> <p>Turkey Ala King Wheat bread/margarine Penne Pasta Green Salad/cucumber/tomato Peas and carrots Applesauce Milk</p>	<p>3</p> <p>Creamed Tuna /Peas Wheat bread/Margarine Egg Noodles Spinach salad/tomato/cucumber Corn Tropical fruit Milk</p>	<p>4</p> <p>Pesto Chicken/Pasta French Bread Green Salad/carrot/Tomato Italian Blend Vegetable Fresh Watermelon Milk</p>	<p>5</p> <p>Meatloaf Brown rice Wheat bread/Margarine Roasted Potatoes Green Salad/Cabbage/carrot/tom Green Beans Peaches Milk</p>
<p>8</p> <p>Baked Fish/Tartar sauce Wheat bread/Margarine Parmesan Pasta Mixed Greens/carrot/tomato Roasted yellow/zuchinni blend Pears Milk</p>	<p>9</p> <p>Herbed Chicken Wheat bread/Margarine Pasta/Marinara Sauce Mixed green/tomato/Carrot/ salad Italian Blend vegetable Pineapple Milk</p>	<p>10</p> <p>Egg Bake Wheat bread/Margarine Brown rice/Barley Green Salad/cucumber/tomato California Blend Veg Mandarin Oranges Milk</p>	<p>11</p> <p>Beef Stew/potato/carrot/zuch Wheat bread /Margarine Brown rice Spinach Salad/cranberry/almond tomato Peas Fresh Cantelope Milk</p>	<p>12</p> <p>Spaghetti/Meat sauce French bread/Margarine Green Salad/spinach/tomato Italian Blend Veg Applesauce Milk</p>
<p>15</p> <p>BBQ Chicken Wheat bread/Margarine Garden veg Rice Spinach/cranberry/tomato Cal Blend Veg Applesauce Milk</p>	<p>16</p> <p>Chicken Marsala Wheat bread/Margarine Egg noodles Spring/spinach/carrot salad Roasted zuchinni Pears Milk</p>	<p>17</p> <p>Shepard's Pie Barley rice Wheat bread Margarine Green Salad/carrot/tomato Mediterranean blend veg Peaches MILK</p>	<p>18</p> <p>Sesame Chicken Wheat bread/Margarine Brown rice Caesar Salad/tomato Tropical fruit Milk</p>	<p>19</p> <p>Turkey Bean Burrito Wheat bread/Margarine Spanish rice Green/olives/carrots/tomato Corn/Bell pepper Pears Milk</p>
<p>22</p> <p>Chicken/whitesauce/mushrom Italian Vegetable Wheat Bread/Margarine Barley brown rice Green Salad/carrot/tomato Tropical fruit Milk</p>	<p>23</p> <p>Lemon Pepper Chicken Quinoa/Brown rice Green Salad/carrot/tomato California Blend Veg Refried beans Fresh Cantalope Milk</p>	<p>24</p> <p>Pulled pork/Wheat Bun Garlic Roasted Potatoes Spring Salad/cucumber/tomato Mandarin Oranges Milk</p>	<p>25</p> <p>Turkey Pot Pie with Potato/carrots/peas Wheat Bread/Margarine Green Salad/cucumber/tomato Fresh Orange Milk</p>	<p>26</p> <p>Beef stroganoff Wheat bread/Margarine Egg Noodles Spring Salad /carrot/tomato Roasted Cauliflower Apricot Milk</p>
<p>29</p> <p>Meat Lasagna Garlic Bread Spinach Salad/carrots/olives Roasted Zuchinin/onion Applesauce Milk</p>	<p>30</p> <p>Turkey soft taco/lettuce/cheese Wheat bread/Margarine Spanish rice California Blend Veg Green Salad/olives/tomato Peaches Milk</p>	<p>31</p> <p>Chicken Picatta Wheat bread/Margarine Broccoli rice au gratin Green Salad/carrot/tomato Italian Blend Veg Pineapple Milk</p>	<p><b>SUGGESTED CONTRIBUTION</b> Dine on-site \$4.50 Meals on Wheels \$4.50 Under 60 \$6.00 <i>Meals are partially funded by Area 12 Agency on Aging</i></p>	

