



Menu subject to change without notice.

Reservations & Cancellations must be made three business days in advance.

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg.

Total calories (cals) & sodium for the entire meal including margarine & milk are noted below each day's item list.

<i>To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.</i>	Tuesday, September 1	Wednesday, September 2 Hot Dog(540)* Pinto Beans(140) Green Beans & Peppers(20) Hot Dog Bun(140) Fresh Peach(0) Ketchup packet(82) 826 Cals; 1077mg Sodium	Thursday, September 3 BBQ Chicken Thigh(384) Roast Sweet Potato(53) Broccoli(26) Wheat Bread(150) Applesauce Cup(15) 709 Cals; 783mg Sodium	Friday, September 4 Stuffed Shells with Beef Bolognese & parm garnish(458) Brussels Sprouts(29) Garlic Bread(270) Pears in tray(5) 714 Cals; 917mg Sodium
	SITES CLOSED			
Monday, September 7 SITES CLOSED 	Tuesday, September 8	Wednesday, September 9 Beef with Onions & Peppers(106) Polenta with Cheese(136) Spinach(93) Wheat Roll(150) Fresh Pear(2) 803 Cals; 642mg Sodium	Thursday, September 10 Roast Turkey with Gravy(578)* Mixed Root Veg(65) Green Peas(79) Cranberry-Orange Snack Loaf(120) Fresh Banana(1) 674 Cals; 998mg Sodium	Friday, September 11 Cheesy Diced Chicken Casserole with Brown Rice(573)* Broccoli(26) Cornbread loaf(180) Peaches in tray(5) 844 Cals; 939mg Sodium
	SITES CLOSED			
Monday, September 14 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(7) Beets & Greens(117) Dinner Roll(100) Applesauce Cup(15) 684 Cals; 804mg Sodium	Tuesday, September 15	Wednesday, September 16 Salmon with Peach-Mango Salsa(78) Brown Rice & Quinoa Pilaf(43) California Veg(34) Wheat Bread(150) Sponge Cake wth Blueberries(111) 730 Cals; 571mg Sodium	Thursday, September 17 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Carrots(56) Wheat Roll(150) Small Oatmeal Cookie(85) for both regular & MOD 785 Cals; 922mg Sodium	Friday, September 18 Tuscan Chicken Thigh(254) Pasta(4) Mixed Veg(60) Wheat Bread(150) Pineapple in tray(1) 798 Cals; 624mg Sodium
	SITES CLOSED			
Monday, September 21 Beef Stew(158) Kale & Corn(28) Buttermilk Biscuit(310) Lemon White-Chocolate Cookie(100) MOD: Lorna Doones(147) 888 Cals; 751mg Sodium	Tuesday, September 22	Wednesday, September 23 Chicken Strips Cacciatore(503)* Tortellini(204) Tuscan Veg(53) Garlic Bread(270) Fresh Orange(0) 733 Cals; 1185mg sodium	Thursday, September 24 Omelet topped with ham & American cheese(802)* LS Potato Wedges(15) Broccoli & Red Pepper(26) Wheat Bread(150) Fresh Banana(1) 741 Cals, 1149mg Sodium	Friday, September 25 Three-Bean Diced Chicken Chili with Shredded Cheese(531)* California Veg(34) Cornbread Bowl(180) Mango in tray(0) 719 Cals; 900mg Sodium
	SITES CLOSED			
Monday, September 28 Chicken Thigh Saltimbocca with ham(333) Roast Sweet Potato(53) Green Beans & Peppers(20) Wheat Bread(150) Fig Newton(210) MOD: Lorna Doones(147) 860 Cals; 921mg Sodium	Tuesday, September 29	Wednesday, September 30 White Fish Piccata(317) Rice Pilaf(40) Peas & Carrots(68) Wheat Roll(150) Fresh Orange(1) 716 Cals; 730mg Sodium	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u> *Indicates items with more than 500mg sodium	
	SITES CLOSED			