

SAMPLE MENU

Menu is subject to change without notice

Suggested voluntary donation: \$3.00

This program is made possible in part by funding from the Executive Office of Elder Affairs

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

	<p>The best things in life should never be kept, they must be given away- A smile, a good meal and love-</p>	<p>1 Hamburger and Ziti Bake W/ Cheese California Blend Vegetables Rye Bread Fresh Fruit</p>	<p>2 No Delivery</p>	<p>3 Beef Stew Boiled Potatoes Green Beans Whole Wheat Bread Mandarin Oranges</p>
		<p>Calories: 753 %Fat: 21.4 Chol: 87 Sodium: 810</p>	<p>Calories: 708 %Fat: 14.5 Chol: 76 Sodium: 955</p>	<p>Calories: 558 %Fat: 18.8 Chol: 76 Sodium: 466</p>
<p>6 Hot Dog Carrots Baked Beans Hot Dog Roll Pineapple *HIGH SODIUM</p>	<p>7 Baked Chicken W/ Apricot Glaze Spinach Brown Rice Whole Wheat Bread Peach Cup Diet: Peaches</p>	<p>8 Stuffed Shells W/ Meat Sauce Italian Green Beans Wheat Bread Cherry Muffin Diet: Lemon Graham</p>	<p>9 Turkey W/ Brown Gravy Mashed Potatoes Mixed Vegetables White Bread Fresh Fruit</p>	<p>10 Roast Pork W/ Rosemary Gravy Sweet Potatoes Winter Blend Vegetables Rye Bread Cinnamon Applesauce</p>
<p>Calories: 720 %Fat: 28.4 Chol: 65 Sodium: 1371</p>	<p>Calories: 723 %Fat: 18.1 Chol: 149 Sodium: 605</p>	<p>Calories: 784 %Fat: 24.6 Chol: 200 Sodium: 1033</p>	<p>Calories: 615 %Fat: 12.8 Chol: 96 Sodium: 567</p>	<p>Calories: 723 %Fat: 25.2 Chol: 94 Sodium: 608</p>
<p>13 Frozen Vegetable Soup W/ Crackers Roast Chicken W/ Tarragon Sauce Mashed Potatoes Whole Wheat Bread Fruited Jello W/ Pears</p>	<p>Valentine's Day Special Cheese Ravioli W/ Newburg Sauce and Sun dried Tomatoes Italian Green Beans Beets Whole Wheat Dinner Roll Apple Cherry Crisp Diet: Apple Cherry Compote</p>	<p>15 Beef Chili W/ Cheddar Cheese Corn Carrots Rye Bread Fresh Fruit</p>	<p>16 Teriyaki Chicken Brown Rice Winter Blend Vegetables Whole Wheat Bread Yogurt</p>	<p>17 Swedish Meatballs Egg Noodles Green Beans/Red Pepper White Bread Pineapple</p>
<p>Calories: 851 %Fat: 26.2 Chol: 149 Sodium: 1226</p>	<p>Calories: 817 %Fat: 13.3 Chol: 79 Sodium: 1063</p>	<p>Calories: 792 %Fat: 28.3 Chol: 117 Sodium: 956</p>	<p>Calories: 589 %Fat: 7.0 Chol: 63 Sodium: 879</p>	<p>Calories: 651 %Fat: 16.6 Chol: 89 Sodium: 1232</p>
<p>20 President's Day No Meal Delivery</p>	<p>21 Chicken Breast Cacciatore Ziti Spinach Italian Bread Cutie Pie Diet: Blueberry Graham</p>	<p>22 Ash Wednesday Broccoli Bake Stewed Tomatoes Peas Whole Wheat Bread Dried Fruit Mix</p>	<p>23 Salisbury Steak W/ Mushroom Gravy Mashed Potatoes Green Beans Rye Bread Diced Pears</p>	<p>24 Frozen Pea Soup W/ Crackers Tuna Salad Marinated Winter salad Hot Dog Roll Tropical Fruit</p>
	<p>Calories: 682 %Fat: 12.5 Chol: 75 Sodium: 1167</p>	<p>Calories: 676 %Fat: 20.8 Chol: 189 Sodium: 955</p>	<p>Calories: 717 %Fat: 19.9 Chol: 94 Sodium: 860</p>	<p>Calories: 543 %Fat: 7.1 Chol: 26 Sodium: 1117</p>
<p>27 Frozen Minestrone Soup W/ Crackers Chicken W/ Coq Au Vin Sauce Couscous W/ Onions, Peas, Carrots Whole Wheat Bread Pineapple</p>	<p>28 Shepard's Pie Mashed Potato Carrots Rye Bread Butterscotch Pudding Diet: SF Butterscotch Pudding</p>	<p>29 Marinated Diced Chicken Corn and Black Beans Brown Rice Whole Wheat Bread Fresh Fruit</p>		<p>*Call to request a low sodium alternative only for days labeled "High Sodium Entree"</p>
<p>Calories: 837 %Fat: 23.8 Chol: 150 Sodium: 1128</p>	<p>Calories: 719 %Fat: 22.0 Chol: 79 Sodium: 938</p>	<p>Calories: 623 %Fat: 12.0 Chol: 96 Sodium: 572</p>		