

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


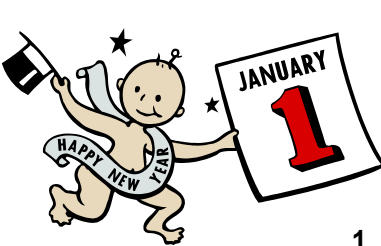

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>JANUARY 2020</p>		 <p>1</p>		<p>POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG FRESH FRUIT</p> <p>2</p>		<p>CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA</p> <p>3</p>			
<p>MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES</p> <p>6</p>		<p>TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES</p> <p>7</p>		<p>SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS</p> <p>8</p>		<p>FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE</p> <p>9</p>		<p>TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT</p> <p>10</p>	
<p>PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING</p> <p>13</p>		<p>SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES</p> <p>14</p>		<p>GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR</p> <p>15</p>		<p>BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE FRUITED GELATIN</p> <p>16</p>		<p>SPAGHETTI & MEATBALLS CORN ITALIAN BLEND PORK IN SAVORY HARVEST SAUCE BROWN RICE PEAS PEARS CHOCOLATE CAKE ORANGE PINEAPPLE JUICE</p> <p>17</p>	
 <p>MARTIN LUTHER KING DAY</p> <p>20</p>		<p>BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE</p> <p>21</p>		<p>MACARONI & CHEESE BROCCOLI BAKED TOMATO HALF TUNA SANDWICH ON WHOLE WHEAT BREAD TOSSED SALAD WITH DRESSING ORANGE JUICE APPLESAUCE FRUITY YOGURT</p> <p>22</p>		<p>CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES</p> <p>23</p>		<p>ROTINI IN A SAVORY MEAT SAUCE BOILED TOMATO HALF SPINACH CHICKEN CORDON BLEU BROWN RICE CALIFORNIA BLEND VEGETABLES CORN SUGAR COOKIES</p> <p>24</p>	
<p>MEATLOAF & GRAVY BAKED POTATO CALIFORNIA BLEND VEGETABLES CHILI REFRIED BEANS CORN TAPIOCA PUDDING ORANGE JUICE</p> <p>27</p>		<p>POLISH SAUSAGE BAKED TOMATO COUNTRY STYLE HASH BROWNS TERIYAKI CHICKEN OVER RICE CREAMED CORN GREEN PEAS WHOLE WHEAT BREAD POUND CAKE</p> <p>28</p>		<p>LEMON ROSEMARY CHICKEN CREAMED SPINACH BRUSSELS SPROUTS EGG SALAD SANDWICH ON WHOLE WHEAT BREAD BEETS WITH DRESSING CHOCOLATE PUDDING</p> <p>29</p>		<p>TURKEY ENCHILADA CASSEROLE SPANISH RICE PEAS CHICKEN CACCIATORE OVER ROTINI SPINACH MIXED VEGETABLES ORANGE JUICE FRESH FRUIT</p> <p>30</p>		<p>SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE</p> <p>31</p>	

Home Delivered Breakfast


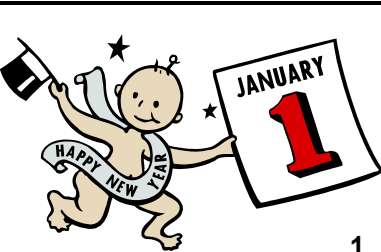

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
ORANGE JUICE WAFFLES SYRUP MARGARINE (2) LOW FAT MILK	ORANGE JUICE BANANA BRAN FLAKES LOW FAT MILK	ORANGE JUICE OATMEAL ALMONDS AND RAISINS WHEAT BREAD MARGARINE LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK					
6	7	8	9	10					
ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE RAISIN BRAN BANANA LOW FAT MILK	ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK	BANANA TOASTED OATS YOGURT LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK					
13	14	15	16	17					
 <p>MARTIN LUTHER KING DAY</p>	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK	ORANGE JUICE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK	ORANGE JUICE FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK					
20	21	22	23	24					
BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK	ORANGE JUICE TOASTED OATS BREAD FOR TOAST MARGARINE LOW FAT MILK	FRESH FRUIT FRENCH TOAST SYRUP MARGARINE (2) LOW FAT MILK	FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST JELLY MARGARINE LOW FAT MILK	FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK					
27	28	29	30	31					