

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations/Cancellations, Call: Call (508) 999-6400, ext #188 or #191 at least 24 hours in advance.</p> <p>Your Suggested Voluntary Donation: \$2.00 per meal</p> <p>Menu Subject to Change Without Notice.</p>		<p>1 Cheese Lasagna Italian Blend Veg Fruit Muffin Smoothie Diet: Pudding</p>	<p>2 Roast Turkey w/Gravy Cranberry Sauce Parsley Whip Potato Winter Squash Wheat Bread Bread Pudding Diet: Graham Waffle</p>	<p>3 Beef & Cabbage Casserole Fluffy Rice Multi Grain Roll Peaches</p>
		<p>Calories: 858 Fat: 27% Sodium: 1177 mg</p>	<p>Calories: 707 Fat: 24% Sodium: 1039 mg</p>	<p>Calories: 636 Fat: 24% Sodium: 396 mg</p>
<p>6 Holiday Labor Day Site Closed</p>	<p>7 Chicken a la King Rice Pilaf Peas Dinner Roll Mandarin Oranges</p>	<p>8 Swedish Meatballs Mashed Potatoes Genoa Blend Veg Whole Wheat Bread Mixed Fruit</p>	<p>9 Fish Florentine Hot German Potato Salad Diced Beets Sliced Bread Fruit Artich Ice Diet: Graham Waffle</p>	<p>10 Beef Burgundy Buttered Noodles Mixed Veg Fruit Muffin Fresh Fruit</p>
	<p>Calories: 663 Fat: 31% Sodium: 596 mg</p>	<p>Calories: 654 Fat: 32% Sodium: 945 mg</p>	<p>Calories: 722 Fat: 26% Sodium: 927 mg</p>	<p>Calories: 759 Fat: 32% Sodium: 522 mg</p>
<p>13 Vegetarian Chili Dirty Rice Fruit Muffin Pears</p>	<p>14 Vegetable Soup Teriyaki Glazed Chicken Asian Rice Multi Grain Roll Fresh Fruit</p>	<p>15 Meatloaf w/ Mushroom Gravy Parmesan Mash Potato California Blend Veg Whole Wheat Bread Cookie Diet: Graham Waffle</p>	<p>16 Veal Parmesan Pasta & Tomato Sauce Jardinere Blend Veg Vienna Bread Smoothie Diet: Pudding</p>	<p>17 Turkey Divan Buttered Noodles Dinner Roll Apple Slices</p>
<p>Calories: 576 Fat: 31% Sodium: 734 mg</p>	<p>Calories: 705 Fat: 30% Sodium: 865 mg</p>	<p>Calories: 977 Fat: 37% Sodium: 926 mg</p>	<p>Calories: 934 Fat: 34% Sodium: 1031 mg</p>	<p>Calories: 584 Fat: 26% Sodium: 525 mg</p>
<p>20 American Chop Suey Green Beans Dinner Roll Pudding Diet: Pudding</p>	<p>21 Veggie Omelet Hashbrowns Summer Blend Veg Whole Wheat Bread Pineapple</p>	<p>22 Chicken Marsala Confetti Rice Italian Blend Veg Scali Bread Peaches</p>	<p>23 Pier 17 Fish Mashed Potatoes Peas & Carrots Fruit Muffin Strawberry Roll Diet: Graham Waffle</p>	<p>24 *New Item* Chicken & Rotini Bake Broccoli Whole Wheat Roll Fresh Fruit</p>
<p>Calories: 568 Fat: 30% Sodium: 785 mg</p>	<p>Calories: 679 Fat: 33% Sodium: 882 mg</p>	<p>Calories: 671 Fat: 29% Sodium: 689 mg</p>	<p>Calories: 699 Fat: 26% Sodium: 677 mg</p>	<p>Calories: 695 Fat: 33% Sodium: 571 mg</p>
<p>27 Lentil Soup Honey Mustard Chicken Roman Blend Veg Dinner Roll Orange</p>	<p>28 Beef Strip Steak w/ Mushroom Gravy Mashed Potatoes Chuckwagon Corn Fruit Muffin Pears</p>	<p>29 Roast Pork w/ Rosemary Gravy Red Bliss Potatoes Diced Carrots Whole Wheat Bread Birthday Cake Diet: Graham Waffle</p>	<p>30 Sloppy Joe Au gratin Potatoes Zucchini & Tomatoes Hamburger Roll Smoothie Diet: Pudding</p>	<p>Nutrient Analysis includes: milk, bread & margarine For questions on the menu or nutrition, please contact Kimberly Ferreira ext #194</p>
<p>Calories: 694 Fat: 40% Sodium: 828 mg</p>	<p>Calories: 807 Fat: 38% Sodium: 545 mg</p>	<p>Calories: 1026 Fat: 43% Sodium: 801 mg</p>	<p>Calories: 849 Fat: 29% Sodium: 912 mg</p>	

