NAME:_____ ***Please Make Lunch Reservations At Least 3 Days In Advance

September 2018

MENU SUBJECT TO CHANGE ANYTIME
SUGGESTED CONTRIBUTION: $3.00

Alternate Meal	MONDAY	Carbs	TUESDAY	Carbs	WEDNESDAY	Carbs	THURSDAY	Carbs	FRIDAY	Carbs
This Meal is Only Available to Congregate Participants										
Chicken Caesar Salad	**CLOSED FOR**		**4** Shepherd's Pie Carrots Wheat Roll Fruit Milk	35 12 28 20 12	**5** Baked Chicken Mash Potato/Gravy Mixed Veggies Wheat Roll Apple Crisp Milk	<1 22 17 28 36 12	**6** Chili Dog/Bun Coleslaw Peas/Carrots Fresh Orange Milk	53 7 10 25 12	**7** Chicken Marsala Herbed Egg Noodles Green Beans Tossed Salad Wheat Roll Fruit Milk	6 20 7 4 28 19 12
Tuna Sandwich	**10** Country Fried Steak Mash Potatoes/Gravy Broccoli Wheat Roll Fruit Milk	17 22 4 28 34 12	**11** Meat Lasagna Peas Tossed Salad Garlic Roll Fruit Milk	46 12 4 40 18 12	**12** Chef Salad Pasta Salad Mandarin Oranges Wheat Roll Carrot Cake Milk	6 23 12 28 34 12	**13** Meatloaf/gravy Au gratin potatoes Mixed Veggies Fruit Wheat Roll Milk	7 24 7 20 28 12	**14** Lemon Pepper Cod Corn Coleslaw Brown Rice Pilaf Garlic Roll Fruit Milk	0 19 7 23 40 13 12
Turkey & Cheese Wrap	**17** Ham/Pineapple Mixed Veggies Mashed Sweet Potato Wheat Roll Cinnamon Applesauce Milk	21 7 47 28 13 12	**18** Turkey Fricassee Mash Potato/Gravy Mixed Veggies Wheat Roll Fresh Orange Milk	7 22 7 28 24 12	**19** Chicken Cordon Bleu Rice Pilaf Green Pea Salad Spinach Wheat Roll Mixed Fruit Milk	12 23 17 4 28 12 12	**20** Ham & Bean Soup Tossed Salad Fruit Wheat Roll Spice Cake Milk	27 4 13 28 32 12	**21** Veggie Lasagna Peas Tossed Salad Garlic Roll Peaches Milk	19 12 4 40 19 12
Chef Salad	**24** Beef Stroganoff Green Beans Tossed Salad Wheat Roll Fruit Milk	22 7 4 28 13 12	**25** Chicken Tenders MIxed Veggies Oven Brown Potatoes Wheat Roll Apple crisp Milk	18 7 18 28 36 12	**26** Veal Mash Potato/Gravy Carrots Wheat Roll Pineapple Milk	15 22 7 28 34 12	**27** Spaghetti/Meatballs Squash Tossed Salad Garlic Roll Cinnamon Applesauce Milk	30 13 4 40 13 12	**28** Beef Stew Green Beans Tossed Salad Wheat Roll Jello/fruit Milk	24 7 4 28 8 12

Skim Chocolate Milk Carb Count= 26