

# Nutrition Menu



Nellie Sawyer: 426-8309



Oct-20

Office Hours: 9am-1pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Curbside Meal Lunch Pickup at 11:30am Milk is Served With Each Meal				Turkey Sub w/cheese Tossed Salad Fruit Cocktail Cake	Oven Fried Chicken Breast Peas Potato Wheat Roll Pears	Donations are Needed, Accepted and Appreciated
 4	Sausage w/peppers Carrots Roasted Potatoes Roll Peach Cobbler	Chicken Wrap w/cheese Cucumber & Tomato Salad Macaroni Salad Peaches Pudding	Chili w/beef and beans Broccoli Baked Potato Orange Juice Jello	Chef Salad with Ham & Cheese Strawberries Potato Salad Crackers Cookie	Baked Pork Chop Collards Potatoes Au Gratin or Scalloped Fruit Crisp Roll	
11	Cheeseburger w/bun Baked Beans Baked Cinnamon Apples Cake	Ham & Cheese Sub Tossed Salad Fruit Cocktail Spice Cake	Meatloaf w/red sauce Lima Beans Pineapple Chunks Brown Rice Wheat Bread/Roll	Chicken Salad Beets Pasta Salad Crackers Orange Juice Angel Cake	Baked Turkey w/gravy Carrots Cranberry Sauce Bread Stuffing Brown Rice Pudding	17
18	Spaghetti w/Meat Sauce California Blend Vegetables Baked Spice Apples Garlic Bread Pudding	Roast Beef & Cheese Sub Tossed Salad Fruit Cocktail Cake	BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	Tuna Salad w/lettuce Pickled Beets Pasta Salad Orange Juice Crackers Cake	Beef Tips w/gravy Sautéed Spinach Brown Rice Peaches Wheat Roll	24
25	Salisbury Steak w/gravy Peas and Carrots Pineapple Chunks Mashed Potatoes Wheat Roll/Bread Apple Crisp	Chicken Salad with Lettuce Three Bean Salad Macaroni Salad Crackers Orange Cookie	Baked Ham Cabbage Sweet Potatoes w/marshmallows Pears Wheat Roll or Bread	Turkey Sub w/cheese Tossed Salad Fruit Cocktail Cake	Oven Fried Chicken Breast Garden Peas Buttered Potatoes Pears Wheat Roll	 31