

Nutritionals for SEPTEMBER 2019 REGULAR MEAL					Nutritionals for SEPTEMBER 2019 OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6	2	3	4	5	6
HAPPY LABOR DAY!	CHICKEN FRIED STEAK	SLOPPY JOE	BEEF STROGANOFF	CHICKEN POT PIE	HAPPY LABOR DAY!	MAC & CHEESE	ASIAN GRILLED CHICKEN	LONDON BROIL	BAKED COD
	Calories 659	Calories 670	Calories 595	Calories 595		Calories 1154	Calories 471	Calories 678	Calories 682
No Meals on Wheels today	Carbohydrate 53	Carbohydrate 95	Carbohydrate 66	Carbohydrate 66	No Meals on Wheels today	Carbohydrate 131	Carbohydrate 60	Carbohydrate 69	Carbohydrate 74
	Protein 24	Protein 21	Protein 32	Protein 32		Protein 32	Protein 18	Protein 33	Protein 37
	Fat 20	Fat 13	Fat 29	Fat 29		Fat 56	Fat 16	Fat 27	Fat 25
	Sodium 1534	Sodium 300	Sodium 701	Sodium 701		Sodium 1945	Sodium 1004	Sodium 1123	Sodium 1172
9	10	11	12	13	9	10	11	12	13
STUFFED PEPPERS	SALMON	POT ROAST	ROAST TURKEY	SPAGHETTI W/ MEAT SAUCE	BAKED COD	STUFFED CABBAGE	ITALIAN SAUSAGE PASTA	BBQ PULLED PORK	BBQ CHICKEN
Calories 675	Calories 630	Calories 884	Calories 716	Calories 758	Calories 1018	Calories 400	Calories 814	Calories 658	Calories 629
Carbohydrate 88	Carbohydrate 71	Carbohydrate 73	Carbohydrate 114	Carbohydrate 80	Carbohydrate 131	Carbohydrate 42	Carbohydrate 69	Carbohydrate 92	Carbohydrate 78
Protein 18	Protein 45	Protein 21	Protein 23	Protein 41	Protein 29	Protein 18	Protein 27	Protein 38	Protein 36
Fat 17	Fat 17	Fat 30	Fat 17	Fat 18	Fat 40	Fat 18	Fat 45	Fat 13	Fat 14
Sodium 1186	Sodium 587	Sodium 1381	Sodium 323	Sodium 1128	Sodium 1912	Sodium 1180	Sodium 1604	Sodium 980	Sodium 1055
16	17	18	19	20	16	17	18	19	20
BEEF BRISKET	PORK CHOP	HAM & CHEESE CASSEROLE	CHICKEN FRIED STEAK	BEEF STEW	TURKEY TETRAZZINI	CHICKEN MARSALA	ASIAN FLANK STEAK	CHICKEN FAJITAS	LEMON PEPPER TILAPIA
Calories 812	Calories 817	Calories 1990	Calories 859	Calories 775	Calories 727	Calories 855	Calories 883	Calories 938	Calories 552
Carbohydrate 114	Carbohydrate 71	Carbohydrate 80	Carbohydrate 105	Carbohydrate 87	Carbohydrate 124	Carbohydrate 70	Carbohydrate 90	Carbohydrate 113	Carbohydrate 69
Protein 25	Protein 41	Protein 31	Protein 40	Protein 32	Protein 18	Protein 31	Protein 38	Protein 34	Protein 33
Fat 28	Fat 38	Fat 17	Fat 30	Fat 30	Fat 17	Fat 37	Fat 39	Fat 38	Fat 14
Sodium 517	Sodium 948	Sodium 1104	Sodium 1132	Sodium 1505	Sodium 1514	Sodium 813	Sodium 624	Sodium 1313	Sodium 1085
23	24	25	26	27	23	24	25	26	27
STUFFED CABBAGE	SALISBURY STEAK	BBQ PULLED PORK	MEATLOAF	FRIED CHICKEN PATTY	MAC & CHEESE	BAKED HAM	BAKED CHICKEN	MARGARITA CHICKEN	COCONUT TILAPIA
Calories 754	Calories 642	Calories 742	Calories 775	Calories 610	Calories 618	Calories 797	Calories 720	Calories 546	Calories 794
Carbohydrate 94	Carbohydrate 98	Carbohydrate 83	Carbohydrate 86	Carbohydrate 82	Carbohydrate 93	Carbohydrate 101	Carbohydrate 91	Carbohydrate 90	Carbohydrate 83
Protein 39	Protein 22	Protein 46	Protein 42	Protein 26	Protein 57	Protein 18	Protein 28	Protein 27	Protein 40
Fat 24	Fat 25	Fat 20	Fat 29	Fat 20	Fat 19	Fat 29	Fat 27	Fat 8	Fat 28
Sodium 1177	Sodium 762	Sodium 1017	Sodium 1002	Sodium 1290	Sodium 853	Sodium 1538	Sodium 1590	Sodium 919	Sodium 1718
30					30				
LASAGNA					SALISBURY STEAK				
Calories 595					Calories 576				
Carbohydrate 99					Carbohydrate 84				
Protein 23					Protein 17				
Fat 12					Fat 13				
Sodium 1422					Sodium 1302				

Please note: Nutritional info may be higher based on the meal being 1/2 the daily recommendation according to the DASH diet.