

October Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm
4 QUICHE LORRAINE WITH BACON 18gm POTATOES O'BRIEN 18gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	5 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21gm	6 SWEET AND SOUR PORK 17gm BROWN RICE 17gm SIMMERED GREEN CABBAGE 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	7 CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	8 MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMTAOES 4gm WHOLE GRAIN ROLL 35gm
11 BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21 gm	12 BLACKENED TILAPIA FILET 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	13 VEGETABLE ALFREDO 18gm WAX BEAN & PEPPERS 5gm CARMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	14 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	15 SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm CORNBREAD MUFFIN 30gm
18 HUNGARIAN GOULASH 17gm SWEET AND SOUR CABBAGE 4 gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	19 SESAME CHICKEN 27gm WHITE RICE WAX BEANS AND PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	20 CORNED BEEF HASH 28gm SCRAMBLED EGGS 1gm PEACH COBBLER 26gm FRUIT MUFFIN 16gm	21 CHICKEN CACCIATORE 13gm SAUTEED SPINACH 3gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	22 SHEPHARDS PIE 10gm CHEEDAR MASHED POATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm
25 LASANGA WITH PORK SAUSAGE 49g CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	26 HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 16gm BUTTERMILK BISCUIT 21gm	27 PORK ROAST AND GRAVY 2gm MASHED POTATOES 17m CORN, PEAS, AND CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm	28 BEEF SLOPPY JOES 5gm BAKED BEANS 21gm CHOCOLATE ZUCCHINI CAKE 28gm HAMBURGER BUN 26gm	29 CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm

If for any reason you are not available to receive your daily meal, please call ahead of time to cancel. Each meal meets the new A.A.A. approved nutritional guidelines. All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.



866-200-8877

November Hot Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 BEEF CHILI 22gm WAX BEANS AND PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm	2 CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	3 MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	4 DIRTY RICE 14gm BLACK EYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	5 VEGETABLE LASANGA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm
8 SPINACH AND PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 20gm FRUIT MUFFIN 16gm	9 MEATLOAF WITH GRAVY 10gm MASHED POTATOES 17gm CORN PUDDING 22gm STEWED TOMATOES 4gm WHOLE GRAIN ROLL 35gm	10 FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	11 SPAGETTI WITH MEATSAUCE 44gm GREEN BEANS AND CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	12 BBQ PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23 gm HAMBURGER BUN 26gm
15 <small>Holiday Meal</small> ROASTED TURKEY & GRAVY MASHED POTATOES GREEN BEAN CASSEROLE PUMPKIN COBBLER WHOLE GRAIN ROLL 35gm	16 BLACKENED TALAPIA 0gm SAUTEED SPINACH 3gm RICE PUDDING 18gm CORNBREAD MUFFIN 30gm	17 COUNTRY FRIED CHICKEN 28gm MASHED POTATOES AND GRAVY 17gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	18 VEGETABLE ALFREDO 18gm WAX BEAN & PEPPERS 5gm CARMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	19 BBQ CHICKEN THIGH 2gm COLLARD GREENS 4gm BANANA BREAD PUDDING 17gm BUTTERMILK BISCUIT 21 gm
22 SHEPHARDS PIE 10gm CHEDDAR MASHED POATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	23 HERB ROASTED CHICKEN 0gm BRUSSELS SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	24 BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	25 Closed Happy Thanksgiving	
29 QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm	30 BEEF TIPS AND GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm BUTTERMILK BISCUIT 21 gm			

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