



**HOT Lunch Menu for Congregate Sites
Jun-10**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Potato Chowder Ratatouille with Beef White Rice Biscuit Pineapple	2 Turkey Broccoli Penne Casserole Carrots Fresh Fruit	3 Summer Noodle Soup Lemon Dijon Chicken Mixed Vegetables O'Brien Potatoes Vanilla Pudding	4 Mixed Bean Soup Creole Fish Brussels Sprouts Brown Rice Brownie
	Calories: 869 % of Fat: 39 Sodium: 1155	Calories: 805 % of Fat: 19 Sodium: 514	Calories: 793 % of Fat: 29 Sodium: 823	Calories: 761 % of Fat: 27 Sodium: 931
7 Macaroni & Cheese Spinach & Mushrooms Fresh Fruit	8 Minestrone Soup Baked Chicken Broccoli Sweet Potatoes Pears	9 Vegetable Barley Soup Meatloaf Mashed Potatoes Green Beans Vanilla Cake	10 Clam Chowder Salmon Boat Summer Squash Red Bliss Potatoes Pineapples	11 Apple Glazed Pork Scalloped Potatoes Peas & Carrots Muffin Chocolate Pudding
Calories: 688 % of Fat: 15 Sodium: 1084	Calories: 743 % of Fat: 18 Sodium: 735	Calories: 978 % of Fat: 29 Sodium: 1236	Calories: 673 % of Fat: 21 Sodium: 1008	Calories: 870 % of Fat: 39 Sodium: 630
14 Stuffed Shells Meatball Three Bean Medley Spinach Fresh Fruit	15 Beef Stroganoff Peas & Onions Dinner Roll Apple Bread Pudding with rum sauce	16 Mushroom Barley Soup Pier 17 Fish Red Bliss Potatoes Italian Blend Veg. Tapioca Pudding	17 Cr. of Butternut Squash Soup BBQ Pulled Pork Sandwich Coleslaw Chuckwagon Corn Pears	18 Corn Chowder Chicken Cacciatore White Rice Broccoli Peaches
Calories: 712 % of Fat: 32 Sodium: 1120	Calories: 879 % of Fat: 38 Sodium: 754	Calories: 976 % of Fat: 34 Sodium: 1189	Calories: 922 % of Fat: 29 Sodium: 877	Calories: 650 % of Fat: 21 Sodium: 983
21 Lentil Soup Florentine Baked Haddock Brown Rice Mixed Vegetables Fresh Fruit	22 Beef Stew Peas Chef's Choice Dessert	23 Hot Dog*** Baked Beans Cole Slaw Pears	24 Italian Garden Veg. Soup Baked Ziti Spinach Carrots Ice Cream Cup	25 Broccoli Cheese Soup Orange Almond chicken Sweet Potatoes Peas & Onions Muffin Applesauce
Calories: 767 % of Fat: 19 Sodium: 927	Calories: 650 % of Fat: 30 Sodium: 894	Calories: 800 % of Fat: 39 Sodium: 1659	Calories: 781 % of Fat: 28 Sodium: 1064	Calories: 925 % of Fat: 25 Sodium: 839
28 Cr. Of Butternut Squash Soup Turkey Burger Garlic Potatoes Carrots Fresh Fruit	29 Vegetable Cheese Quiche Roasted Potatoes Brussels Sprouts Muffin Peaches	30 Minestrone Soup BBQ Grilled Chicken Chuckwagon Corn Gr. Beans & Tomatoes Corn Bread Pineapples		
Calories: 734 % of Fat: 18 Sodium: 1114	Calories: 934 % of Fat: 42 Sodium: 538	Calories: 860 % of Fat: 23 Sodium: 933		

Suggested voluntary donation \$1.75. Note: These values are estimates and subject to change based on product availability. All meals include low-fat milk, bread & margarine. If you are receiving a modified meal, sugar free desserts are substituted when appropriate. Menu subject to change without notice. *High Sodium Entrée**