

MONTHLY MENU FOR PASCO COUNTY ELDERLY NUTRITION/MEALS ON WHEELS PROGRAM

MONTH: SEPTEMBER 2009

7/23/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IV	<p>September 1 Meatballs w/Tomato Gravy Potatoes Au Gratin Broccoli Whole Grain Wheat Bread w/Margarine Apple Crisp Low Fat Milk</p>	<p>September 2 Oven Fried Chicken Leg Quarter Mashed Potatoes Mixed Vegetables Whole Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p>	<p>September 3 Three Bean Beef Chili White Rice Whole Kernel Corn Whole Wheat Bread w/Margarine Mixed Fruit Low Fat Milk</p>	<p>September 4 Smoked Sausage w/Mustard Potatoes O'Brien Cabbage and Carrots Whole Grain Wheat Bread w/Margarine Sugar Cookie Low Fat Milk</p>
<p>September 7 LABOR DAY SITES CLOSED THERE WILL BE NO DELIVERIES</p> <p>I</p>	<p>September 8 BBQ Pork Riblet Lyonnaise Potatoes Green Peas Whole Grain Wheat Bread w/Margarine Chunky Cinnamon Apples Low Fat Milk</p>	<p>September 9 Oven Baked Fish Filet w/Tartar Sauce Cheesy Grits Tomatoes & Okra Whole Grain Wheat Bread Mixed Fruit Low Fat Milk</p>	<p>September 10 Vegetable Soup Grilled Chicken Breast Patty w/Chicken Gravy Mashed Potatoes Broccoli Cuts Whole Grain Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p>	<p>September 11 Meatballs w/Brown Gravy Rice Pilaf Mixed Vegetables Whole Grain Wheat Bread w/Margarine Peaches Low Fat Milk</p>
<p>September 14 Baked Meatloaf w/Mushroom Gravy Mashed Potatoes Baby Brussels Sprouts Whole Grain Wheat Bread w/Margarine Pineapple Chunks Low Fat Milk</p> <p>II</p>	<p>September 15 Chicken Florentine Penne Pasta w/Garlic Oil Tuscan Blend Vegetables (Squash, Mixed Vegetables) Tossed Salad w/Italian Dressing Whole Wheat Bread w/Margarine Fresh Orange Low Fat Milk</p>	<p>September 16 Sweet and Sour Pork Wild Rice Medley Oriental Blend Vegetables Whole Grain Wheat Bread w/2 Margarines Peaches Low Fat Milk</p>	<p>September 17 – Birthday Celebration Beef and Macaroni Green Beans Carrot Cuts Italian Bread Congregate: Birthday Cake & Ice Cream Home Delivery: Birthday Cake & Pudding Low Fat Milk</p>	<p>September 18 BBQ Chicken Leg Quarter Mashed Potatoes Broccoli Whole Grain Wheat Bread w/Margarine Mixed Fruit Cup Low Fat Milk</p>
<p>September 21 Sliced Turkey Breast w/Turkey Gravy Whipped Sweet Potatoes Garden Peas White Bread w/Margarine Cranberry Orange Relish Low Fat Milk</p> <p>III</p>	<p>September 22 Beef Stew Parsley White Rice Lima Beans French Bread w/Margarine Peaches Low Fat Milk</p>	<p>September 23 IN-SERVICE TRAINING DAY SITES CLOSED THERE WILL BE NO DELIVERIES</p>	<p>September 24 Beef Tips in Sauce Noodles w/Mushroom Gravy Garden Peas Whole Grain Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p>	<p>September 25 Frankfurter w/Mustard Baked Beans Mixed Vegetables Hot Dog Bun Pineapple Chunks Low Fat Milk</p>
<p>September 28 Pork Chop Patty w/Brown Gravy Black Eye Peas Country Vegetable Medley Corn Bread Square w/Margarine Peaches Low Fat Milk</p> <p>IV</p>	<p>September 29 Meatballs w/Tomato Gravy Potatoes Au Gratin Broccoli Whole Grain Wheat Bread w/Margarine Apple Crisp Low Fat Milk</p>	<p>September 30 Oven Fried Chicken Leg Quarter Mashed Potatoes Mixed Vegetables Whole Wheat Bread w/Margarine Fresh Fruit Low Fat Milk</p>		