

September 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sept. 2022</p> <p>In the Community Café Or Meals on Wheels</p> <p>For Reservations Call or Text 970-264-2167 by 9am</p>	<p>Month 2022</p> <p>Cal. - Calories, Fat - Fat, Sod. - Sodium, Fib. - Fiber, Carb. - Carbohydrates</p>	<p>Thanks for Supporting our meal programs with your \$5.00 suggested donations.</p> <p>This gives us the opportunity to serve more meals.</p>	<p>1</p> <p>Vegetable Lasagna w/ Garlic Bread Garden Salad, Fresh Berries, Vanilla Cake <i>Cal:952, Carb: 83 Fib:11g, Fat 52g Sodium1186</i></p>	<p>2</p> <p>Beef Chili w/ Cornbread Swiss Chard w/ Onions Garden Salad, Fresh Fruit <i>Cal:1020, Carb: 840 Fib:14g, Fat 55g Sodium 1100</i></p>	<p>3</p>
<p>5</p> <p>Closed for Labor Day</p>	<p>6</p> <p>Pork Tenderloin w/ Choke Cherry Sauce, Mashed Potatoes, Garden Salad, Apple Pie <i>Cal:1270, Carb: 97g Fib:8g, Fat 72g Sodium 970</i></p>	<p>7</p> <p>Monterey Chicken Spaghetti Casserole, Roasted Cauliflower, Dinner Roll w/ Butter, Garden Salad, Fruit <i>Cal:660, Carb: 65g Fib:10g, Fat 35g Sodium 760</i></p>	<p>8</p> <p>Beef French Dip Sandwich. Yuca Fries, Garden Salad, Fruit <i>Cal:1130, Carb: 100g Fib:10g, Fat 49g Sodium 620</i></p>	<p>9</p> <p>Spanakopita & Polenta Pie, Potato Leek Soup, Garden Salad, Fruit Cookie <i>Cal:890, Carb: 54g Fib:5g, Fat 59g Sodium 1490</i></p>	<p>10</p>
<p>12</p> <p>Curry Chicken w/ Jasmine Rice, Roasted Cauliflower, Chai Pudding, Garden Salad, Fresh Fruit <i>Cal:930, Carb: 130g Fib:12g, Fat38Sodium 620</i></p>	<p>13</p> <p>Roasted Vegetable Crepes W/ Asiago Cream Sauce, Green Beans, Roll & Butter, Garden Salad, Fruit <i>Cal:580, Carb: 59g Fib:12g, Fat 31g Sodium 420</i></p>	<p>14</p> <p>Pork Posole w/ Tortilla Broccoli, Posole Cabbage/Radishes/Onion Fruit, Carrot Cake <i>Cal:1330, Carb: 132g Fib:11g, Fat 35g Sodium 710</i></p>	<p>15</p> <p>Teriyaki Salmon w/ Fried Rice, Sauteed Zucchini, Dinner Roll w/ Butter Garden Salad, Fruit <i>Cal:910, Carb: 106g Fib:33g, Fat 49g Sodium 1980</i></p>	<p>16</p> <p>Yankee Pot Roast w/ Vegetables, Wilted Spinach, Garden Salad, Fruit, Mississippi Mud Pie <i>Cal:1470, Carb: 121g Fib:15g, Fat 84g Sodium 990</i></p>	<p>17</p>
<p>19</p> <p>Ginger Lime Shrimp w/ Jasmine Rice, Caribbean Beans, Tropical Fruit Salad, Garden Salad, Fortune Cookies <i>Cal:970, Carb: 136g Fib:6g, Fat 49g Sodium 1900</i></p>	<p>20</p> <p>Beef Spaghetti with Green Beans, Focaccia Bread, Garden Salad, Fruit <i>Cal:800, Carb: 86g Fib:12g, Fat 39g Sodium 600</i></p>	<p>21</p> <p>Barbeque Chicken w/ Cornbread, Baked Beans Garden Salad, Peach Cobbler <i>Cal:1030, Carb: 118g Fib:14g, Fat 48g Sodium 1010</i></p>	<p>22</p> <p>Hawaiian Pork w/Peppers Coconut Rice, Mango Salad, Garden Salad, Fruit <i>Cal:680, Carb: 67g Fib:5g, Fat 32g Sodium 1230</i></p>	<p>23</p> <p>Vegetarian Potato & Onion Tart, Braised Red Cabbage, Garden Salad, Fruit, Carrot Cake <i>Cal:1250, Carb: 130g Fib:13g, Fat 77g Sodium 690</i></p>	<p>24</p>
<p>26</p> <p>Ham with Brown Sugar Citrus Glaze, Scalloped Potatoes, Buttermilk Biscuit, Garden Salad, Fruit <i>Cal:1160, Carb: 93g Fib:5g, Fat 54g Sodium 1560</i></p>	<p>27</p> <p>Tuna Salad on Greens Broccoli Salad, Garden Salad, Fruit, Lemon Mousse <i>Cal:1240, Carb: 118g Fib:10g, Fat 59g Sodium 920</i></p>	<p>28</p> <p>Vegetarian Artichoke & Tomato Fettuccine w/ Alfredo Sauce, Garlic Bread, Garden Salad, Fruit, Brownie <i>Cal:1130, Carb: 130g Fib:15g, Fat 49g Sodium 1090</i></p>	<p>29</p> <p>Beef Stroganoff w/ Egg Noodles, Asparagus Hollandaise, Garden Salad, Fruit <i>Cal:820, Carb: 73g Fib:8g, Fat 49g Sodium 580</i></p>	<p>30</p> <p>Chicken Enchiladas, Spanish Rice, Black Beans w/ Peppers Garden Salad, Fruit <i>Cal:930, Carb: 101g Fib:15g, Fat 35g Sodium 1070</i></p>	<p>Due to Covid-19, Food Shortages may result in Substitutions</p>

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