

SEPTEMBER 2019

VALLEY SENIOR SERVICES: Trail/Steele Meals on Wheels & Centers

Please call one day in advance by 2 pm Monday through Friday to leave reservation for a meal; for Monday call by 2 pm on Friday.

Phone: 636-5953 or 1-800-845-1715

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CENTERS CLOSED 	CREAMY TURKEY DRESSING PEAS AND CARROTS FRESH FRUIT	ROAST BEEF IN GRAVY MASHED POTATOES WAX BEANS PEAR CRISP AND WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	BBQ RIBS BAKED POTAO W/SOUR CREAM COLESLAW CHERRY JELLO W/PEARS AND WHIPPED TOPPING RHUBARB MUFFIN	CALICO BEAN CASSEROLE PACIFIC BLEND VEGETABLES CORN BREAD MUFFIN WARM CINNAMON APPLES
9	10	11	12	13
BAKED COD W/ALFREDO SAUCE WILD RICE PEAS PINEAPPLE WHOLE WHEAT BREAD	MEATLOAF BAKED POTATO W/ SOUR CREAM STEWED TOMATOES FRUIT COCKTAIL WHOLE WHEAT DINNER ROLL	PULLED PORK ON A WHOLE WHEAT BUN BAKED BEANS CRUNCHY CUCUMBERS BIRTHDAY CAKE FOR SEPTEMBER 	HERB ROASTED CHICKEN STUFFING & GRAVY SQUASH STRAWBERRY JELLO W/PEARS & WHIPPED TOPPING	CABBAGE ROLLS MASHED POTATOES W/ SAUCE COTTAGE CHEESE PEACHES WHOLE WHEAT BREAD
16	17	18	19	20
BEEF TIPS WITH GRAVY OVER NOODLES KEY LARGO VEGETABLES APPLESAUCE WHOLE WHEAT BREAD	ROAST TURKEY WITH GRAVY MASHED POTATOES GREEN BEANS CRANBERRIES PEACH CRISP & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	CHILI BAKED POTATO ORANGE JELLO W/ MANDARIN ORANGES & WHIPPED TOPPING CORN BREAD MUFFIN	BAKED HAM W/RAISIN SAUCE HASHBROWN POTATO BAKE FRENCH CUT GREEN BEANS TROPICAL FRUIT CUP WHOLE WHEAT DINNER ROLL	HAMBURGER ON WHOLE WHEAT BUN LETTUCE, TOMATO & ONION BAKED BEANS CLASSIC POTATO SALAD FRESH FRUIT
23	24	25	26	27
SWISS STEAK W/GRAVY MASHED POTATOES BEETS FRESH FRUIT WHOLE WHEAT BREAD	ROAST PORK W/GRAVY SMASHED POTATOES SCANDINAVIAN BLEND VEGETABLES APPLE CRISP AND WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	LEMON PEPPER CHICKEN BREAST SCALLOPED POTATOES BROCCOLI CAULIFLOWER SALAD CHERRY JELLO W/PEACHES AND WHIPPED TOPPING WHOLE WHEAT BREAD	SWEDISH MEATBALLS & GRAVY MASHED POTATOES CORN FRUIT CUP PUMPKIN MUFFIN	PUB BATTERED FISH ON WHOLE WHEAT BUN TARTAR SAUCE BABY BAKERS BAKED CORN PEACHES
30				
SPAGHETTI W/MEAT SAUCE CORN PEAR SLICES GARLIC BREADSTICK	   			

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)