



September

Perry County

WEDNESDAY MEALS WILL BE DELIVERED ON TUESDAYS

Monday	Tuesday	Wednesday	Thursday	Friday
 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley	1 3oz Chicken Cutlet with 2oz Pan Gravy 1/2c Mashed Potatoes 1/2c Oven Roasted Brussel Sprouts 1 Wheat Bread 1/2c Fruit Medley	2 3oz Chipped Ham & Cheese Sandwich 1/2c Homestyle Coleslaw 1/2c Apple Slices Cookie 1 Hamburger Bun	3 3oz Pepper Steak w/ 1oz Tomato Sauce, 1oz Peppers, 1oz Onions 1 Baked Potato 1/2c Carrots 1 Wheat Bread 1/2c Gelatin	4 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit
Happy Labor Day!  3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie	7 3oz Fire Grilled Chicken Breast 1/2c Cheesy Broccoli & Rice 1/2c Carrots 1/2c Diced Pears 1 Dinner Roll 	9 Creamy Tuna Salad Sandwich (3oz Tuna, 1oz Mayo) 1/2c Crispy Broccoli Salad 1/2c Pickled Beet Salad 2 White Bread Seasonal Fresh Fruit	10 Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Mixed Vegetables 1 Hamburger Bun 1/2c Mandarin Oranges	11 3oz Open Faced Turkey Sandwich w/ 2oz Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie
14 3oz Salisbury Steak w/ 2oz Gravy Baked Potato w/ Margarine 1/2c Mixed Vegetables 1 Wheat Bread 1 Cookie	15 Stadium Hot Dog 1/2c Cheesy Potatoes 1/2c Seasoned Green Peas 1 Hot Dog Roll 1/2c Sweet Pineapple Tidbits	16 Turkey Chef Salad (2oz Turkey, HB Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c Beets 1 Wheat Bread 1/2c Fruited Gelatin	17 Swedish Meatballs (4) 1/2c Buttered Noodles 1/2c Broccoli 1 Dinner Roll 1/2c peaches 	18 4oz Chicken Salad Sandwich 2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Seasonal Fresh Fruit 1 Hamburger Bun
21 Potato Crusted Pollock w/ 1 Tbsp. Corn & Red Pepper Relish 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit 	22 Southwest Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips (10pc) 1/2c Seasoned Sweet Corn 1/2c Sweet Pineapple Tidbits	23 3oz Sliced Turkey Breast 1oz Provolone Cheese 2 Wheat Bread Fresh Fruit Mayo Packet 1/2c Potato Salad	24 Chicken Philly Sandwich 1c Cream of Potato Soup 1/2c Homestyle Coleslaw Hot Dog Bun 1 Cookie 	25 3oz Roast Beef w/ 2oz Gravy 1/2c Mashed Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Peach Crisp
28 1c Tortellini with Creamy Meat Sauce 1/2c Garlic Green Beans 1 Garlic Herb Breadstick 1/2c diced peaches 	29 Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Seasoned Carrots 1 White Bread 1/2c Fruited Gelatin	30 4oz Chicken Salad Sandwich 1/2c Broccoli Salad 2 White Bread 1/2c Applesauce Cookie	Fiber promotes digestion and heart health. Aim for whole grains and vegetables in the amount of 30g for men and 21g for women daily!	