

AUGUST 2024 - LOW SODIUM MENU



**Please call the office by 4pm the day before to cancel a meal.
740-345-0821 Ext. 1218**

			THURSDAY	FRIDAY
			1 Stuffed Mushrooms Wild Rice, Peppers, Onions & Sausage Fruit Cup	2 Chef Salad Tomato, Cucumber, Ham, Turkey & Cheese Croissant Fruit Cup
MONDAY	TUESDAY	WEDNESDAY		
5 Sloppy Joe Potato Sticks Carrots Fruit Cup	6 Turkey Meatloaf Mashed Potatoes Corn Fruit Cup	7 Jerk Chicken w/Red Beans, Onion, Tomato & Rice Fruit Cup 	8 Pork Tacos Mango salsa and Cheese Corn & Black Beans Fruit Cup	9 Grilled Chicken Wrap w/Peppers, Onions, Lettuce, Tomatoes, Cucumbers & Cheese Fresh Fruit
12 Meatball Casserole Veggie Blend Fruit Cup	13 Chicken Fajita Bowl w/Peppers, Onions, Rice & Cheese Fruit Cup	14 Kalua Pork Brown Rice Mixed Veggie Fruit Cup	15 Honey Glazed Salmon Baby Baker California Blend Fruit Cup	16 Roasted Chicken Salad w/Fruit & Nuts Vanilla Yogurt Fruit Cup
19 Pork Kabobs w/Peppers, Onions, Zucchini, Mushrooms & Rice Fruit Cup	20 Cuban Pork Sandwich Red Beans, Tomatoes & Rice Fruit Cup	21 Chicken Rice Casserole w/Corn, Black Beans & Tomatoes Fruit Cup	22 Undone Cabbage Roll w/Hamburger, Rice, Tomato & Onion Fruit Cup	23 Slow Cooker Pot Roast w/Potatoes, Onions, Carrots & Celery Fruit Cup
26 Roasted Chicken Penne Pasta w/Veggies Fruit Cup	27 Vegetable Lasagna Tossed Salad Fruit Cup	28 Smoked Turkey Kale Rice Bake w/Tomatoes, Onions & Peppers Fruit Cup	29 Asian Ginger Pork Asian Veggies Brown Rice Fruit Cup	30 Cheeseburger w/Lettuce & Tomato Baked Beans Apple Pie Coleslaw