

SEPTEMBER 2024 - LOW SODIUM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LCAP CLOSED</p> 	<p>3</p> <p>Chicken & Spinach Curry w/Rice Veggie Blend Fruit Cup</p> 	<p>4</p> <p>Butter Chicken Casserole w/ Rice & Veggies Fruit Cup</p>	<p>5</p> <p>Sweet Potato Fish Lemon Herb Rice California Blend Fruit Cup</p>	<p>6</p> <p>Chunky Monkey Yogurt Bowl w/Banana, Peanut Butter, Almonds & Chocolate Chips</p>
<p>9</p> <p>BBQ Ribs Mashed Potatoes Corn Fruit Cup</p>	<p>10</p> <p>Spagetti w/Meat Sauce Carrots Tossed Salad Bread Stick Fruit Cup</p>	<p>11</p> <p>Philly Cheesesteak Stuffed Peppers Fresh Fruit Fruit Cup</p>	<p>12</p> <p>Chicken Cutlet w/Sundried Tomato Sauce Veggie Blend Fruit Cup</p>	<p>13</p> <p>Hearty Vegetable Chowder Dinner Roll Fresh Fruit</p>
<p>16</p> <p>Bratwurst w/Peppers & Onions Baby Baker Potatoes Fruit Cup</p>	<p>17</p> <p>Garlic Butter Chicken Mashed Potatoes Peas & Carrots Fruit Cup</p>	<p>18</p> <p>Teriyaki Pork w/Dumplings & Rice Diced Carrots & Peas Fruit Cup</p>	<p>19</p> <p>Honey Balsamic Chicken Thighs Roasted Red Potatoes Glazed Carrots Fruit Cup</p>	<p>20</p> <p>Firehouse Chili Tossed Salad Fruit Cup</p> 
<p>23</p> <p>Haddock w/Citrus Salsa Sweet Potatoes Mixed Veggies Fruit Cup</p>	<p>24</p> <p>Portabella Fajitas w/Peppers, Onions, Black Beans & Corn Salsa Fruit Cup</p>	<p>25</p> <p>Pleasant Pork Chops Sour Cream Mashed Potatoes Carrots Fruit Cup</p>	<p>26</p> <p>Chicken Alfredo w/Peas and Carrots Fruit Cup</p>	<p>27</p> <p>Tuna Pasta Salad Tomato Wedge Ambrosia Salad</p>
<p>30</p> <p>Beef Stir Fry w/Baby Bok Choy Carrots Broccoli Fruit Cup</p>	<p>All meals include two servings of grains, apple-butter and a carton of whole milk. Ingredient information available at: www.lcap.org/menu</p> <p>*Menu is always subject to change based on product availability*</p>			



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