



**SEPTEMBER 2018**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

Select Option A: or Option B:

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p><b>KEY:</b>  <b>Renal Diet</b>—low sodium, phosphorous and protein  <b>Low Residue</b>—low fiber  <b>No Vitamin K</b>—on blood thinner</p>	<p>No meal will be left in a cooler without a call to the office &amp; an ice pack</p> 		<p><i>Select Option A: or Option B:</i>   <i>Return menu with your volunteer or with your contribution</i></p>	<p>CANCELLATIONS-CALL 872-9117 before 10AM the day before</p> <p><b>Entrée subject to change based on client diet.</b></p>
<p><b>3</b></p>  <p><b>NO MEAL SERVICE</b></p>	<p><b>4</b>  <b>A: Pepperoni Pizza Calzone</b> <i>not suitable for Renal</i>  <b>B: Pollock Sandwich</b>            2nd Meal-Chicken Salad Sandwich</p>	<p><b>5</b>  <b>A: Chicken Stuffed w/ broccoli &amp; Cheese</b> <i>not suitable for Renal, LR &amp; No VK</i>  <b>B: Sausage w/Sauerkraut</b>            2nd Meal-Tuna Salad Sandwich</p>	<p><b>6</b>  <b>A: Bowtie Pasta/Meatsauce</b> <i>not suitable for Renal</i>  <b>B: Chicken Breast/Gravy</b>            2nd Meal-Pork Loin Sandwich</p>	<p><b>7</b>  <b>A: Pollock Florentine</b> <i>not suitable for Renal or No Vit K</i>  <b>B: Onion Sage Chicken</b>            2nd Meal-Egg Salad Sandwich</p>
<p><b>10</b>  <b>A: Vegetable Lasagna</b> <i>not suitable Renal &amp; No VK</i>  <b>B: Dill Glazed Salmon</b>            2nd Meal— Roast Beef Sandwich</p>	<p><b>11</b>  <b>A: Chicken w/Cherry Salsa</b> <i>not suitable for Renal &amp; Low Res</i>  <b>B: Beef Fajitas</b>            2nd Meal- Ham Sandwich</p>	<p><b>12</b>  <b>A: Beef Pot Roast/Gravy</b>  <b>B: Pork Loin/Gravy</b>            2nd Meal-Turkey Salad Sandwich</p>	<p><b>13</b>  <b>A: Chicken/Creamy Spinach Sauce</b> <i>not suitable for Renal &amp; No Vk</i>  <b>B: Teriyaki Chicken</b>            2nd Meal-Pork Loin Sandwich</p>	<p><b>14</b>  <b>A: Pollock Fish</b>  <b>B: Breaded Chicken Cutlet</b>            2nd Meal-Cottage Cheese Plate</p>
<p><b>17</b>  <b>A: BBQ Chicken</b>-<i>not suitable for Renal Diets</i>  <b>B: Beef Brisket</b>            2nd Meal— Ham Sandwich</p>	<p><b>18</b>  <b>A: Macaroni &amp; Cheese</b> <i>not suitable for Renal</i>  <b>B: Meatloaf w/gravy</b>            2nd Meal— Turkey Sandwich</p>	<p><b>19</b>  <b>A: Breaded Chicken Cutlet</b>  <b>B: Potato Crunch Pollock</b>-<i>not suitable for Renal Diets</i>            2nd Meal— Beef Sandwich</p>	<p><b>20</b>  <b>A: Meatball Sandwich</b>- <i>not suitable for Renal Diets</i>  <b>B: Sausage Sandwich w/ pepper &amp; onions</b>            2nd Meal- Pork Loin Sandwich</p>	<p><b>21</b>  <b>A: Pollock Almondine</b>- <i>not suitable for Low Residue Diet</i>  <b>B: Diced Beef w/ gravy</b>            2nd Meal-Chicken Salad Sandwich</p>
<p><b>24</b>  <b>A: Hamburger</b>  <b>B: Pollock Sandwich</b>            2nd Meal— Turkey Sandwich</p>	<p><b>25</b>  <b>A: Paprika Chicken w/ sour cream gravy</b> <i>not suitable for Renal Diet</i>  <b>B: Pork Carnita</b> (pulled pork)            2nd Meal— Ham Sandwich</p>	<p><b>26</b>  <b>A: Stuffed Green Pepper</b>-<i>not suitable Renal &amp; Low Res</i>  <b>B: Chicken &amp; Dumplings</b>            2nd Meal— Beef Sandwich</p>	<p><b>27</b>  <b>A: Turkey w/ gravy</b>  <b>B: Sliced Ham w/ pineapple</b>            2nd Meal— Egg Salad Sandwich</p>	<p><b>28</b>  <b>A: Panko Tilapia</b>  <b>B: Roasted Vegetable Lasagna</b> <i>not for Renal &amp; LR</i>            2nd Meal— Pork Loin Sandwich</p>

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.