

March 2024 – Low Sodium Menu

Mon	Tue	Wed	Thu	Fri
<ul style="list-style-type: none"> ▪ Each Meal will have less than 800 mg of Sodium (Our regular meals are 1300 mg of Sodium.) ▪ Items with an asterisk (*) prepared with rice, pasta and potatoes are in smaller portions. 				1 Stir-fried Chicken Broccoli Roasted Sweet Potatoes Wheat Roll Fruit Gelatin
4 Baked Spaghetti Spinach Vegetable Medley Beets Fruit Applesauce	5 Cuban Chicken Green Beans Corn Macaroni Salad Fruit Applesauce	6 Meatloaf Broccoli Carrots Wheat Roll Fruit Fancy Apple Salad	7 Chicken Tenders Cabbage Turnip Greens Carrot Raisin Salad Fruit Fruit Cocktail	8 Scrambled Eggs & Turkey Sausage Hot Cinnamon Apples Stewed Tomatoes Biscuit Fruit Fruit
11 Chopped Steak Corn Green Peas Wheat Roll Beets Fruit	12 Baked Fish Squash Broccoli Coleslaw Fruit Tossed Salad	13 Pork Loin Roasted Sweet Potatoes Turnip Greens Potato Salad Fruit Spinach Salad	14 Chicken Pot Pie Carrots Baked Apples Three Bean Salad Fruit Fruit	15 Beef Goulash  Cabbage Hot Cinnamon Peaches Watergate Salad Macaroni Salad Fruit 
18 Hamburger Patty Broccoli Sautéed Mushrooms Wheat Bun Coleslaw Fruit Cocktail	19 Chicken Parmesan Lima Beans Cabbage Pea Salad Fruit Applesauce	20 Roast Beef Collard Greens Cabbage Cornbread Marinated Vegetable Salad Fruit	21 Beef Tips Broccoli Carrots Tossed Salad Fruit Cocktail Fruit	22 Roasted Chicken Carrots Oven Roasted Potatoes Wheat Roll Three Bean Salad Fruit
25 Chopped Steak (No Gravy) Green Peas Roasted Sweet Potatoes Broccoli Salad Fruit Carrot Raisin Salad	26 Chicken Tenders Corn Green Beans Spinach Salad Fruit Gelatin Fruit	27 Beef Stroganoff Squash Medley Baked Apples Macaroni Salad Fruit Fruit	28 SPECIAL DAY...ENJOY! Carved Ham w/ Pineapple Glaze Green Beans Carrots Potato Salad Pineapple Tidbits Chocolate Cake	29  CLOSED For GOOD FRIDAY No Meal Delivery 