



# Ypsilanti Meals on Wheels

## October 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing <i>757 mg Sodium</i>	<b>2</b>	Honey Mustard Chicken Confetti Rice Broccoli Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>406 mg Sodium</i>	<b>3</b>	Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Whole Grain Roll Fresh Pineapple Milk Margarine <i>911 mg Sodium</i>	<b>4</b>	Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Green Beans Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>371 mg Sodium</i>	<b>5</b>	Brunswick Chicken Stew Whole Kernel Corn Spinach Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing <i>802 mg Sodium</i>
<b>8</b>	Beef Hot Dog Mixed Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard  <i>880 mg Sodium</i>	<b>9</b>	Sliced Turkey Breast w/Gravy Scalloped Potatoes Green Beans Tossed Salad Whole Wheat Bread Petite Banana Milk Margarine Salad Dressing <i>688 mg Sodium</i>	<b>10</b>	Potato Crusted Fish Macaroni and Cheese Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce <i>741 mg Sodium</i>	<b>11</b>	Swiss Steak Oven Roasted Potatoes Sliced Beets Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>735 mg Sodium</i>	<b>12</b>	Baked Chicken Breast Creole Sauce Whole Kernel Corn Spinach Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>615 mg Sodium</i>
<b>15</b>	Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine  <i>853 mg Sodium</i>	<b>16</b>	Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Cornbread Fresh Cantaloupe Milk Margarine Salad Dressing <i>661 mg Sodium</i>	<b>17</b>	Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing <i>640 mg Sodium</i>	<b>18</b>	Beef with Pepper Gravy Succotash Broccoli Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing <i>648 mg Sodium</i>	<b>19</b>	Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>800 mg Sodium</i>
<b>22</b>	Spaghetti with Meat Sauce Cauliflower Brussels Sprouts Whole Grain Roll Fresh Pineapple Milk Margarine  <i>535 mg Sodium</i>	<b>23</b>	Chicken Strips Teriyaki Sauce Steamed Rice Broccoli Sliced Carrots Whole Wheat Bread Fresh Cantaloupe Milk Margarine <i>927 mg Sodium</i>	<b>24</b>	Beef Jardine Whipped Potatoes Spinach Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing <i>885 mg Sodium</i>	<b>25</b>	Glazed Ham Oven Roasted Potatoes Green Beans Tossed Salad Whole Grain Roll Petite Banana Milk Margarine Salad Dressing <i>989 mg Sodium</i>	<b>26</b>	Beef Stew Confetti Rice Cabbage Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>528 mg Sodium</i>
<b>29</b>	Chicken Marsala Au Gratin Rotini Spinach Beet Salad Whole Grain Roll Fresh Apple Slices Milk Margarine  <i>954 mg Sodium</i>	<b>30</b>	Sliced Turkey Breast w/Gravy Cut Yams Green Beans Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Salad Dressing <i>481 mg Sodium</i>	<b>31</b>	<b>Halloween Meal</b> Hamburger Patty Sliced Cheese Lettuce and Tomato Potato Wedges California Vegetable Blend Wheat Hamburger Bun Halloween Snack Cake Milk Mustard Ketchup <i>1226 mg Sodium</i>				

## Ypsilanti Meals on Wheels November 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
<h1 style="font-size: 4em; margin: 0;">GIVE THANKS</h1> <p style="font-size: 1.5em; margin: 0;">FAMILY • FRIENDS • GRATITUDE</p>									
<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>	
Baked Chicken Breast Tomato Basil Sauce Whole Kernel Corn Broccoli Whole Grain Roll Petite Banana Milk Margarine  <i>400 mg Sodium</i>		Beef with Mushroom Gravy Whipped Potatoes Green Peas Tossed Salad Whole Wheat Bread Fresh Cantaloupe Milk Margarine Salad Dressing <i>862 mg Sodium</i>							
<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
BBQ Pork Rib Patty Black-eyed Peas Spinach Wheat Hamburger Bun Fresh Apple Slices Milk  <i>966 mg Sodium</i>		Meatloaf with Tomato Gravy Whipped Potatoes Peas and Carrots Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing  <i>871 mg Sodium</i>		Baked Chicken Breast Balsamic Onion Sauce Au Gratin Potatoes Brussels Sprouts Tossed Salad Whole Wheat Bread Fresh Orange Milk Margarine Salad Dressing  <i>776 mg Sodium</i>		Potato Crusted Fish Confetti Rice Sliced Beets Tossed Salad Whole Grain Roll Fresh Honeydew Melon Milk Margarine Tartar Sauce Salad Dressing  <i>743 mg Sodium</i>		Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Fiesta Vegetable Blend Corn Tortilla Fresh Pineapple Milk Taco Sauce  <i>744 mg Sodium</i>	
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
Salisbury Beef with Gravy Whipped Potatoes Mixed Vegetables Tossed Salad Whole Grain Roll Fresh Cantaloupe Milk Margarine Salad Dressing  <i>757 mg Sodium</i>		Honey Mustard Chicken Confetti Rice Broccoli Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing  <i>406 mg Sodium</i>		Swedish Meatballs Rotini Noodles Sliced Carrots Yellow Squash Whole Grain Roll Fresh Pineapple Milk Margarine  <i>911 mg Sodium</i>		Pork Roast w/Au Jus Gravy Whipped Sweet Potatoes Green Beans Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing  <i>371 mg Sodium</i>		Brunswick Chicken Stew Whole Kernel Corn Spinach Tossed Salad Whole Wheat Bread Fresh Honeydew Melon Milk Margarine Salad Dressing  <i>802 mg Sodium</i>	
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
Beef Hot Dog Mixed Beans California Vegetable Blend Wheat Hot Dog Bun Fresh Honeydew Melon Milk Mustard  <i>880 mg Sodium</i>		Potato Crusted Fish Macaroni and Cheese Broccoli Coleslaw Whole Grain Roll Fresh Cantaloupe Milk Margarine Tarter Sauce  <i>741 mg Sodium</i>		Swiss Steak Oven Roasted Potatoes Sliced Beets Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing  <i>735 mg Sodium</i>		<b><i>Thanksgiving Meal</i></b> Sliced Turkey Breast w/Gravy Cornbread Stuffing Sliced Carrots Green Beans Whole Grain Roll Pumpkin Pie Milk Margarine Cranberry Sauce  <i>1196 mg Sodium</i>		<b><i>Closed for Holiday</i></b>  	
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
Macaroni and Cheese Green Beans California Vegetable Blend Whole Grain Roll Fresh Honeydew Melon Milk Margarine  <i>853 mg Sodium</i>		Lemon Pepper Chicken Whipped Sweet Potatoes Spinach Tossed Salad Cornbread Fresh Cantaloupe Milk Margarine Salad Dressing  <i>661 mg Sodium</i>		Pork with Supreme Sauce Rice Florentine Glazed Carrots Tossed Salad Whole Grain Roll Peach Half Milk Margarine Salad Dressing  <i>640 mg Sodium</i>		Beef with Pepper Gravy Succotash Broccoli Tossed Salad Whole Wheat Bread Fresh Pineapple Milk Margarine Salad Dressing  <i>648 mg Sodium</i>		Meatloaf with Gravy Whipped Potatoes Brussels Sprouts Tossed Salad Whole Grain Roll Fresh Apple Slices Milk Margarine Salad Dressing  <i>800 mg Sodium</i>	

# Ypsilanti Meals on Wheels December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Spaghetti with Meat Sauce 1 cup Cauliflower 1/2 cup Brussels Sprouts 1/2 cup Whole Grain Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each  <i>535 mg Sodium</i>	<b>4</b> Chicken Strips 3 oz Teriyaki Sauce 1 oz Steamed Rice 1/2 cup Broccoli 1/2 cup Sliced Carrots 1/2 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1 each Milk 1 each Margarine 1 each  <i>927 mg Sodium</i>	<b>5</b> Beef Jardine 1 each Whipped Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>885 mg Sodium</i>	<b>6</b> Glazed Ham 3 oz Oven Roasted Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>989 mg Sodium</i>	<b>7</b> Beef Stew 1 cup Confetti Rice 1/2 cup Cabbage 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>528 mg Sodium</i>
<b>10</b> Chicken Marsala 1 piece Au Gratin Rotini 1/2 cup Spinach 1/2 cup Beet Salad 1/2 cup Whole Grain Roll 1 each Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each  <i>954 mg Sodium</i>	<b>11</b> Hamburger Patty 1 each Lettuce and Tomato 1/4 cup Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hamburger Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each  <i>679 mg Sodium</i>	<b>12</b> Sliced Turkey Breast w/Gravy 3 oz Cut Yams 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>481 mg Sodium</i>	<b>13</b> Beef with Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>862 mg Sodium</i>	<b>14</b> Baked Chicken Breast 1 each Tomato Basil Sauce 1 oz Whole Kernel Corn 1/2 cup Broccoli 1/2 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each  <i>400 mg Sodium</i>
<b>17</b> Meatloaf with Tomato Gravy 1 each Whipped Potatoes 1/2 cup Peas and Carrots 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>871 mg Sodium</i>	<b>18</b> Potato Crusted Fish 1 each Confetti Rice 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each  <i>743 mg Sodium</i>	<b>19</b> Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fresh Orange 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>776 mg Sodium</i>	<b>20</b> BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each  <i>966 mg Sodium</i>	<b>21</b> Taco Meat 1/2 cup Shredded Cheese 1/2 cup Lettuce and Tomato 1 cup Mixed Beans 1 cup Fiesta Vegetable Blend 1/2 cup Corn Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Taco Sauce 1 each  <i>744 mg Sodium</i>
<b>24</b> <u>Closed for Holiday</u>  <div style="text-align: center; font-size: 2em; color: red; font-weight: bold;">Happy Holidays!</div>	<b>25</b> <u>Christmas Meal</u> Pork Roast w/Au Jus Gravy 3 oz Whipped Potatoes 1/2 cup Green Peas 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Apple Pie 1 slice Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>716 mg Sodium</i>	<b>26</b> Salisbury Beef with Gravy 1 each Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>757 mg Sodium</i>	<b>27</b> Honey Mustard Chicken 1 piece Confetti Rice 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each  <i>406 mg Sodium</i>	<b>28</b> Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1 cup Whole Grain Roll 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each  <i>911 mg Sodium</i>
<b>31</b> <u>Closed for Holiday</u>  