Diet Menu (Low Sodium or Diabetic)

Monday	Tuesday	Wednesday	Thursday	Friday
11/3/2025 H Chicken Breast w/ Chicken Gravy	11/4/2025 H Meatballs in Marinara Sauce	11/5/2025 H. Taco Joe Sandwich	11/6/2025 H BBO Chicken Breast	11/7/2025 H Meatloaf in Tomato Gravy
H Mashed Potatoes	H Peppers & Onions	H Fiesta Cheese Sauce	H Diced Potatoes	H Mashed Potatoes
H Green Beans	H Diced Potatoes	H Chuckwagon Corn	H Winter Blend Veggies	H Brussels Sprouts
C Italian Dinner Roll/Marg	C WG Hot Dog Bun	C Pico De Gallo	C WG Hamburger Bun	C WG Breadstick/Marg
C Fudge Round (low sodium)	C Sliced Pears	C WG Hamburger Bun	C Diced Peaches	C M&M Cookie (low sodium)
C Diet Cookie (diabetics)	1% Milk	C Pineapple & Strawberries	1% Milk	C Diet Cookie (diabetics)
1% Milk		1% Milk		1% Milk
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Monday 11/10/2025	Tuesday 11/11/2025	Wednesday 11/12/2025	Thursday 11/13/2025	Friday 11/14/2025
H WG Cheeseburger Mac	Veteran's Day	H Beef Patty in Gravy	H Chicken Breast with	National Pickle Day
H Green Peas		H Mashed Potatoes	Alfredo Sauce	H WG Breaded Fish Sand.
H Diced Carrots	MOW CLOSED	H Green Beans	H Roasted Baby Reds	H Mashed Potatoes
C WG Breadstick		C WG Dinner Roll/Marg	H Broccoli	H Diced Pears
C Fresh Orange	Frozen meal delivered 11/5	C Plain Cake Square	C WG Dinner Roll/Marg	C WG Hamburger Bun
1% Milk	by reservation	1% Milk	C Sliced Peaches	C Sliced Pickles
			1% Milk	C Tartar Sauce PC
				1% Milk
Monday 11/17/2025	Tuesday 11/18/2025	Wednesday	Thursday	Friday 11/21/2025
11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025
11/17/2025 H Swedish Meatballs	11/18/2025 H Hamburger Patty	H Sweet & Sour Chicken Breast	11/20/2025 Peanut Butter Fudge Day	11/21/2025 National Stuffing Day
H Swedish Meatballs H 1/2 Baked Potato	11/18/2025 H Hamburger Patty H Cheesy Hashbrowns	H Sweet & Sour Chicken Breast H Brown Rice Pilaf	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara	11/21/2025 National Stuffing Day H Baked Ham
11/17/2025 H Swedish Meatballs	11/18/2025 H Hamburger Patty	H Sweet & Sour Chicken Breast	11/20/2025 Peanut Butter Fudge Day	11/21/2025 National Stuffing Day
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies	11/21/2025 National Stuffing Day H Baked Ham H Corn H Cauliflower
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium)	H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC 1% Milk	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun 1% Milk	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium) C Diced Pears (diabetics) 1% Milk	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg C Nutty Buddy Stick 1% Milk	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg C Fresh Apple 1% Milk
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC 1% Milk Monday	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun 1% Milk Tuesday	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium) C Diced Pears (diabetics) 1% Milk Wednesday	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg C Nutty Buddy Stick 1% Milk Thursday	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg C Fresh Apple 1% Milk Friday
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC 1% Milk Monday 11/24/2025	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun 1% Milk Tuesday 11/25/2025	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium) C Diced Pears (diabetics) 1% Milk Wednesday 11/26/2025	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg C Nutty Buddy Stick 1% Milk Thursday 11/27/2025	11/21/2025 National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg C Fresh Apple 1% Milk Friday 11/28/2025
H Swedish Meatballs H 1/2 Baked Potato H Green Beans C WG Dinner Roll/Marg C Strawberry Yogurt Cup (low sodium) C Diet Pudding (diabetics) C Sour Cream PC 1% Milk Monday 11/24/2025 H 10 Grain Fish Filet	H Hamburger Patty H Cheesy Hashbrowns H Pineapple Tidbits C Leaf Lett & Slice Tomato C WG Hamburger Bun 1% Milk Tuesday 11/25/2025 H BBQ Pulled Chicken	H Sweet & Sour Chicken Breast H Brown Rice Pilaf H Broccoli C Cinn. Raisin Bread/Marg C Strawberries & Mandarins (low sodium) C Diced Pears (diabetics) 1% Milk Wednesday 11/26/2025 H Turkey Breast & Gravy	11/20/2025 Peanut Butter Fudge Day H Beef Ravioli & Marinara H Brussels Sprouts H California Blend Veggies C WG Breadstick/Marg C Nutty Buddy Stick 1% Milk Thursday	National Stuffing Day H Baked Ham H Corn H Cauliflower C WG Dinner Roll/Marg C Fresh Apple 1% Milk Friday
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^{**}These meals may contain the following allergens: Peanuts, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds**

**Please call our office at 402-444-6766 by 9am to cancel your meal for the day!