Clarinda Regional Health Center Lunch

September 2025

'25 Fresh Eats Spring/Summer CRHC Menus Low Na

| Lunch | | | | LOWIN |
|-----------------------------|----------------------------|--------------------------------|---------------------------|-------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
| Baked Spaghetti | Baked Salmon | LS Buttered Chicken | Hamburger on a Bun | Country Style Pork Ribs |
| Garlic Bread | Garlic Butter Rice | Low Sodium Macaroni & Cheese | Green Beans | Low Sodium Scalloped Potatoes |
| Shredded Lettuce Salad with | Asparagus | Zucchini | Marble Cheesecake Brownie | Brussels Sprouts |
| Dressing | Sherbet | Berry Mix Fresh | Milk | Grapes |
| Natermelon | Milk | Milk | | Milk |
| Milk | | | | |
| 8 | 9 | 10 | 11 | 12 |
| S Beef Carne Asada | Lo NA Orange Chicken | Tomato Spinach Pasta | Beef Stroganoff | Salmon Fillet |
| Brown Rice | Brown Rice | Garlic Bread | Egg Noodles | Brown Rice & Quinoa |
| Whole Kernel Corn | Stir Fry Vegetable Blend | Asparagus | Mixed Vegetables | Baby Carrots |
| Strawberry Fluff | Fresh Fruit | Pudding | Apricot Halves | Cinnamon Baked Apples |
| Milk | Milk | Milk | Milk | Milk |
| | | | | |
| 15 | 16 | 17 | 18 | 19 |
| Hickory Smoked Turkey Burnt | Low Sodium Smothered Steak | Beef Steak with Grilled Onions | Grilled Mahi Mahi | Creamy Italian Sausage Pasta |
| Ends | Mashed Potatoes | Baked Potato | Creamy Colesiaw | Garlic Bread |
| Mashed Potatoes | Green Beans | Sour Cream | Vegetable Blend | Cauliflower |
| _ow Sodium Brown Gravy | Cookie | Margarine | Strawberries | Tropical Fruit |
| Vegetable Blend | Milk | California Vegetable Blend | Milk | Milk |
| Applesauce | MIIIX | Fresh Banana | Think | MIIIX |
| Applesauce Milk | | Milk | | |
| 22 | 23 | 24 | 25 | 26 |
| Seasoned Chicken Breast | Grilled Chicken Nuggets | Baked Herb Fish | with Meatsauce | Hamburger on a Bun |
| Dinner Roll | Sour Cream Mashed Potatoes | Riced Cauliflower with Roasted | Spaghetti Noodles | Green Beans |
| Broccoli Florets | Vegetable Blend | Peppers Will Roasted | Garlic Bread | Peanut Butter Cookie |
| Cookie | Diced Peaches | Asparagus | Zucchini | Fruit Juice |
| Milk | Fruit Juice | Apple Crumb Cake | | Fruit Juice |
| WIIK | Fruit Juice | Milk | Pineapple Chunks Milk | |
| 29 | 30 | + | | |
| _o Na Sloppy Joe on Bun | Seasoned Chicken Breast | | | |
| Broccoli Florets | Mashed Potatoes | | | |
| Mango Cup | LS Country Gravy | | | |
| wango Cup Milk | Green Beans | | | |
| WIIK | | | | |
| | Lemon Bar | | | |
| | Milk | | | |
| | 1 | 1 | 1 | <u> </u> |