

September 2026 Menu



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	Manicotti (2) & Meatballs (3) with Vegetable Medley, Fruit & Dinner Roll (1) <i>Calories: 648</i> <i>Carbs (g): 83</i> <i>Protein (g): 30</i> <i>Fat (g): 20</i> <i>Sodium (mg): 1215</i> 8/30	Roasted Chicken Thigh with Mashed Potatoes, Brussel Sprouts, Fruit & Dinner Roll <i>Calories: 518</i> <i>Carbs (g): 79</i> <i>Protein (g): 36</i> <i>Fat (g): 17</i> <i>Sodium (mg): 542</i> 8/31	Lentil Soup & Meatball Sub with Fruit <i>Calories: 475</i> <i>Carbs (g): 76</i> <i>Protein (g): 35</i> <i>Fat (g): 9</i> <i>Sodium (mg): 997</i> 9/1	Meat Lasagna, Green Beans, with Fruit <i>Calories: 448</i> <i>Carbs (g): 80</i> <i>Protein (g): 27</i> <i>Fat (g): 7</i> <i>Sodium (mg): 740</i> 9/2	Turkey, Mashed Potatoes and Carrots Dinner Roll (2) with Fruit <i>Calories: 528</i> <i>Carbs (g): 93</i> <i>Protein (g): 32</i> <i>Fat (g): 10</i> <i>Sodium (mg): 837</i> 9/3	Baked Fish, Rice, Vegetable Medley Or Eggplant Parmigiana Dinner Roll with Fruit <i>Calories: 517/641</i> <i>Carbs (g): 60/85</i> <i>Protein (g): 29/36</i> <i>Fat (g): 16/27</i> <i>Sodium (mg): 540/1195</i> 9/4	Roast Beef & Cheese Sub with Lettuce and Tomato with Fruit <i>Calories: 532</i> <i>Carbs (g): 72</i> <i>Protein (g): 49</i> <i>Fat (g): 17</i> <i>Sodium (mg): 490</i> 9/5
Week 5	Stuffed Shells (2) & Meatballs (3) with Vegetable Medley, Fruit & Dinner Roll <i>Calories: 506</i> <i>Carbs (g): 81</i> <i>Protein (g): 32</i> <i>Fat (g): 9</i> <i>Sodium (mg): 792</i> 9/6	Baked Chicken Drumstick or Breast with Sweet Potatoes and Green Beans Fruit & Dinner Roll <i>Calories: 518</i> <i>Carbs (g): 79</i> <i>Protein (g): 36</i> <i>Fat (g): 17</i> <i>Sodium (mg): 542</i> 9/7	Tomato Soup with Grilled Cheese Sandwich on Whole Wheat Bread with Fruit <i>Calories: 581</i> <i>Carbs (g): 87</i> <i>Protein (g): 36</i> <i>Fat (g): 13</i> <i>Sodium (mg): 916</i> 9/8	Gemelli Pasta, Marinara & Meatballs (5), Vegetable Medley with Fruit <i>Calories: 552</i> <i>Carbs (g): 100</i> <i>Protein (g): 32</i> <i>Fat (g): 6</i> <i>Sodium (mg): 785</i> 9/9	Chicken Cacciatore with Chicken Strips, Peppers, Onions and Mushrooms & Rice Side Vegetable with Fruit <i>Calories: 430</i> <i>Carbs (g): 48</i> <i>Protein (g): 51</i> <i>Fat (g): 6</i> <i>Sodium (mg): 244</i> 9/10	Baked Fish, Rice, Vegetable Medley Or Eggplant Parmigiana Dinner Roll with Fruit <i>Calories: 517/641</i> <i>Carbs (g): 60/85</i> <i>Protein (g): 29/36</i> <i>Fat (g): 16/27</i> <i>Sodium (mg): 540/1195</i> 9/11	Cheeseburger on Roll With Tater Tots and side Lettuce and Tomato With Fruit <i>Calories: 636</i> <i>Carbs (g): 72</i> <i>Protein (g): 30</i> <i>Fat (g): 35</i> <i>Sodium (mg): 850</i> 9/12

SPINELLI'S
Home Delivered Meal

Week 1	Stuffed Shells (2) & Meatballs (3) with Vegetable Medley, Fruit & Dinner Roll <i>Calories: 506</i> <i>Carbs (g): 81</i> <i>Protein (g): 32</i> <i>Fat (g): 9</i> <i>Sodium (mg): 792</i> 9/13	Baked Chicken Thigh or Breast with Sweet or Mashed Potatoes and Green Beans, Fruit & Dinner Roll <i>Calories: 518</i> <i>Carbs (g): 79</i> <i>Protein (g): 36</i> <i>Fat (g): 17</i> <i>Sodium (mg): 542</i> 9/14	Chicken Escarole Soup (w/ diced chicken and beans) and Slice of Cheese Pizza with Fruit <i>Calories: 685</i> <i>Carbs (g): 89</i> <i>Protein (g): 56</i> <i>Fat (g): 17</i> <i>Sodium (mg): 1220</i> 9/15	Gemelli Pasta, Marinara & Meatballs (5), Vegetable Medley with Fruit <i>Calories: 552</i> <i>Carbs (g): 100</i> <i>Protein (g): 32</i> <i>Fat (g): 6</i> <i>Sodium (mg): 785</i> 9/16	Meatloaf, Mashed Potatoes, Corn, Fruit & Dinner Roll <i>Calories: 468</i> <i>Carbs (g): 71</i> <i>Protein (g): 28</i> <i>Fat (g): 12</i> <i>Sodium (mg): 657</i> 9/17	Baked Fish, Rice, Vegetable Medley Or Eggplant Parmigiana Dinner Roll with Fruit <i>Calories: 517/641</i> <i>Carbs (g): 60/85</i> <i>Protein (g): 29/36</i> <i>Fat (g): 16/27</i> <i>Sodium (mg):540/1195</i> 9/18	Turkey & Cheese Sub with Lettuce and Tomato with Fruit <i>Calories: 512</i> <i>Carbs (g): 72</i> <i>Protein (g): 37</i> <i>Fat (g): 14</i> <i>Sodium (mg): 455</i> 9/19
	Manicotti (2) & Meatballs (3) with Vegetable Medley, Fruit & Dinner Roll <i>Calories: 648</i> <i>Carbs (g): 83</i> <i>Protein (g): 30</i> <i>Fat (g): 20</i> <i>Sodium (mg): 1215</i> 9/20	Roasted Chicken Thighs with Mashed Potatoes, Sliced Carrots, Fruit & Dinner Roll <i>Calories: 518</i> <i>Carbs (g): 79</i> <i>Protein (g): 36</i> <i>Fat (g): 17</i> <i>Sodium (mg): 542</i> 9/21	Chicken Escarole Soup (w/ diced chicken and beans) and Side Garden Salad, Fruit & Dinner Roll <i>Calories: 475</i> <i>Carbs (g): 58</i> <i>Protein (g): 30</i> <i>Fat (g): 3</i> <i>Sodium (mg): 605</i> 9/22	Baked Ziti, Marinara & Meatballs (5), Vegetable Medley with Fruit <i>Calories: 502</i> <i>Carbs (g): 94</i> <i>Protein (g):31</i> <i>Fat (g): 7</i> <i>Sodium (mg): 785</i> 9/23	Broccoli & Cheese Stuffed Chicken, Mashed Potatoes, Vegetable Medley, Dinner Roll with Fruit <i>Calories: 573</i> <i>Carbs (g): 77</i> <i>Protein (g): 35</i> <i>Fat (g): 19</i> <i>Sodium (mg): 857</i> 9/24	Baked Fish, Rice, Vegetable Medley or Eggplant Parmigiana Dinner Roll with Fruit <i>Calories: 517/641</i> <i>Carbs (g): 60/85</i> <i>Protein (g): 29/36</i> <i>Fat (g): 16/27</i> <i>Sodium (mg):540/1195</i> 9/25	Roast Beef & Cheese Sub with Lettuce and Tomato with Fruit <i>Calories: 532</i> <i>Carbs (g): 72</i> <i>Protein (g): 49</i> <i>Fat (g): 17</i> <i>Sodium (mg): 490</i> 9/26
	Stuffed Shells (2) & Meatballs (3) with Vegetable Medley, Fruit & Dinner Roll (1) <i>Calories: 506</i> <i>Carbs (g): 81</i> <i>Protein (g): 32</i> <i>Fat (g): 9</i> <i>Sodium (mg): 792</i> 9/27	Pulled Chicken Strips with Sliced Carrots and Green Beans Fruit & Dinner Roll <i>Calories: 518</i> <i>Carbs (g): 79</i> <i>Protein (g): 33</i> <i>Fat (g): 23</i> <i>Sodium (mg): 430</i> 9/28	Tomato Soup & Grilled Cheese with Whole Wheat Bread with Fruit <i>Calories: 581</i> <i>Carbs (g): 87</i> <i>Protein (g): 36</i> <i>Fat (g): 13</i> <i>Sodium (mg): 916</i> 9/29	Chicken, Ziti and Broccoli w/ Garlic and Oil, Vegetable Medley, and Fruit <i>Calories: 540</i> <i>Carbs (g): 61</i> <i>Protein (g): 42</i> <i>Fat (g): 8</i> <i>Sodium (mg): 220</i> 9/30	Chicken Pot Pie, Broccoli and Fruit <i>Calories: 571</i> <i>Carbs (g): 88</i> <i>Protein (g): 23</i> <i>Fat (g): 20</i> <i>Sodium (mg): 880</i> 10/1	Baked Fish, Rice, Vegetable Medley Or Eggplant Parmigiana Dinner Roll with Fruit <i>Calories: 517/641</i> <i>Carbs (g): 60/85</i> <i>Protein (g): 29/36</i> <i>Fat (g): 16/27</i> <i>Sodium (mg):540/1195</i> 10/2	Turkey & Cheese Sub with Lettuce and Tomato with Fruit <i>Calories: 512</i> <i>Carbs (g): 72</i> <i>Protein (g): 37</i> <i>Fat (g): 14</i> <i>Sodium (mg): 455</i> 10/3
Week 2							
Week 3							