SENIOR NUTRITION MENU

Page 23

							Page 23
SUN	MON	TUES	WED	THURS	FRI	SAT	
			01	02	03	04	
			No HDM or Congregate Meals - Closed for the Holiday	Baked Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Peaches Wheat Bread 2% Milk	Meatloaf Peas Feather River Potatoes Pears Wheat Bread 2% White Milk		
05	06	07	08	09	10	11	
Menus are subject to change.	Cornmeal Crusted Pollock Mashed Potatoes Carrots Fresh Plum Wheat Bread 2% Milk	Macaroni & Cheese California Blend Stewed Tomatoes Tropical Fruit Salad Wheat Bread 2% Milk	Sweet & Sour Chicken Rice Far East Vegetables Pineapple Wheat Bread 2% Milk	Bourbon Pork Green Beans Sweet Potatoes Applesauce Wheat Bread 2% Milk	Goulash w/ Meat Sauce Peas Mixed Vegetables Pears Wheat Bread 2% Milk		
12	13	14	15	16	17	18	
	Scrambled Eggs & Chicken Sausage 100% Juice Hashbrown Casserole Hot Peaches w/ Cinnamon Whole Grain Muffin 2% Milk	Taste of Michigan Cherry Chicken Asparagus Red Skin Potatoes Cherry Pie Wheat Roll 2% Milk	Swiss Steak Corn Mashed Potatoes Banana Wheat Bread 2% Milk	Turkey Potpie Casserole Italian Flat Beans Mixed Vegetables Mixed Fruit Wheat Bread 2% Milk	Chili w/ Meat & Beans Baked Potato w/ Sour Cream Hot Apple Cobbler Corn Muffin 2% Milk		
19	20	21	22	23	24	25	
	No HDM or Congregate Meals - Closed for the Holiday	Fish Sandwich on Bun Peas Sweet Potato Puffs Pineapple 2% Milk	Beef Stew Mixed Vegetables Mashed Potatoes Apple Pie Biscuit 2% Milk	Roasted Pork Tenderloin Feather River Potatoes Northwest Vegetables Peaches Wheat Bread 2% Milk	Cheeese Manicotti Italian Flat Beans Mixed Vegetables Pears Wheat Bread 2% Milk		
26	27	28	29	30	31		
	Cabbage Roll Casserole Cauliflower Corn Fresh Plum Wheat Bread 2% Milk	French Onion Chicken Bake Red Skin Potatoes Mixed Vegetables Pears Wheat Bread 2% Milk	Pot Roast Capri Blend Vegetables Mashed Potatoes Banana Wheat Bread 2% Milk	Crab Cakes w/ Cream Sauce Herbed Potatoes Broccoli Fresh Apple Slices Wheat Bread 2% Milk	Turkey Rice Casserole Green Beans Beets Mixed Fruit Wheat Bread 2% Milk		