SENIOR NUTRITION MENU

Page 23

						Page 23
SUN	MON	TUES	WED	THURS	FRI	SAT
		01	02	03	04	05
		Chicken Breast w/ Gravy Red Skin Potatoes Green Beans Peaches Wheat Bread 2% Milk	Turkey w/ Gravy Mashed Potatoes Peas Mixed Fruit Wheat Bread 2% Milk	Sweet & Sour Pork Rice Asian Blend Vegetables Cinnamon Pears Wheat Bread 2% Milk	Vegetable Lasagna Stewed Tomatoes Carrots Applesauce Wheat Roll 2% Milk	
06	07	08	09	10	11	12
Menus are subject to change.	Tuna Noodle Casserole Carribean Blend Corn Apricots Wheat Bread 2% Milk	Turkey Chop Suey Rice Oriental Vegetables Orange Wheat Bread 2% Milk	Bourbon Pork Chop Green Beans Sweet Potatoes Applesauce Wheat Bread 2% Milk	Oven Fried Chicken Red Skin Potatoes Riviera Blend Peaches Wheat Roll 2% Milk	Macaroni & Cheese California Blend Coleslaw Pineapple Wheat Roll 2% Milk	
13	14	15	16	17	18	19
	Tahitian Chicken Rice Key West Vegetables Sugar Snapped Peas Applesauce Wheat Bread 2% Milk	Swiss Steak Corn Feather River Potatoes Peaches Wheat Bread 2% Milk	Potato Encrusted Pollock Oven Roasted Red Skins Carrots Fresh Plum Wheat Bread 2% Milk	Ham Green Beans Mashed Potatoes Banana Wheat Roll 2% Milk	No Congregate Meals - Good Friday	
20	21	22	23	24	25	26
	Fish Sandwich w/ Cheese on Whole Grain Bun Peas Sweet Potato Puffs Pineapple 2% Milk	Creamed Chicken & Noodles Green Beans Mashed Potatoes Tropical Fruit Wheat Bread 2% Milk	BBQ Pork Sandwich Potato Wedges Broccoli Fresh Apple Slices 2% Milk	Sweet & Sour Meatballs Rice Caribbean Blend Pears Wheat Bread 2% Milk	Pizza Casserole Carrots w/ Parsley Tossed Salad Cinnamon Peaches Wheat Roll 2% Milk	
27	28	29	30			
	Turkey Potpie Casserole Italian Flat Beans Corn Mixed Fruit Wheat Bread 2% Milk	Crab Cakes w/ Cream Sauce Broccoli Red Skin Potatoes Fresh Pear Wheat Bread 2% Milk	Meatloaf Feather River Potatoes Nantucket Vegetables Banana Wheat Bread 2% Milk			