

For individuals age 60+ and their spouse of any age, there is a suggested contribution based on income range. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible. *Participants are responsible to comply with their own dietary restrictions.*

Monday	Tuesday	Wednesday	Thursday	Friday
2) 1 C Beef Stew (2) (3 Oz Beef, 1/2 C Potatoes) ½ C Carrots 1 Biscuit (1) ½ C Apricots (1) 4 Oz Orange Juice (1)	3) 4 Oz Taco Bake ½ C Brown Rice (1) ¼ C Salsa ¼ C Tomato/Lettuce Mix ½ C Black Beans (1) 1 Tortilla (1) 1 Chocolate Chip Cookie (1) 4 Oz Orange Juice (1)	4) <b>Happy Birthday</b> ¼ Oven Baked Chicken ½ C Mashed Potatoes (1) w/Gravy ½ C Peas with Pearl Onions (1) 4 Oz Ice Cream (1) 1 Small Cupcake (2) 8 Oz Orange Juice (2)	5) 1 C Goulash (2) (3 Oz Meat, ½ C Noodles) 1 C Big Bowl of Tuscan Greens 1 Sugar Cookie (1) 4 Oz Grape Juice (1)	6) 3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Wheat Bread (1) ½ C Mashed Potatoes (1) ½ Green Bean Almondine 1 Banana (1) 4 Oz Orange Juice (1)
9) 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Broccoli-Bacon Salad 1 C Pears (2) 3 Vanilla Wafers (1) ½ C Honey Dew	10) 4 Oz Egg Frittata 1 Turkey Link ½ C O'Brien Potatoes (1) 1 Banana (1) 4 Oz Orange Juice (1)	11) 3 Oz Liver & Onions Or 3 Oz Honey Mustard Chicken Breast ½ C Au Gratin Potatoes (1) ½ C Lima Beans (1) 1 C Fresh Strawberries (1) 1 C Yogurt (1) 4 Oz Orange Juice (1)	12) 3 Oz Turkey W/ Gravy ½ C Mashed Potatoes (1) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3) 4 Oz Orange Juice (1)	13) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes W/Gravy (1) ½ C Mixed Vegetables ½ C Pineapple (1) 4 Oz Orange Juice (1)
16) 3 Oz Pork Chop W/Gravy ½ C Mashed Potatoes (1) ½ C Harvest Cream Corn & Bacon (1) ½ C Tropical Fruit (1) 1 Banana (1)	17) 1 Stuffed Green Pepper (1) (3 Oz Beef, ½ C Rice) ½ C Butter Beans (1) ½ C Cantaloupe (1) 1 Pc Cherry Pie (3.5) 4 Oz Vanilla Ice Cream (1)	18) 3 Oz Brat with Sauerkraut on Wheat Bun (2) W/ Ketchup & Mustard ½ C Northern Beans & Leeks (1) 1 C Watermelon	19) 1 C Spaghetti W/Meat Sauce (1) (3 Oz Meat, ½ C Noodles) 1 C Big Bowl of Tuscan Greens 1 Breadstick (1) 1/2 C Fresh Fruit Cup (1) 1 C Yogurt (1)	20) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ <b>C Green Beans</b> 1 C Grapes 4 Oz Orange Juice (1)
23) 3 Oz Chicken Salad on Iceberg Lettuce 1/3 C Baked Beans (1) ½ C <b>Fresh</b> Pineapple (1) 1 C Yogurt (1)	24) 1 C Beef Stroganoff (½ C Noodles, 3 Oz Beef) (2) ½ C Mixed Vegetables 1C Orange Sections (1) 1 Pc Coconut Cream Pie (1)	25) 1 C Cauliflower Cheese Soup(N/A) 1 Deli Sandwich (1.25 Oz ham, 1.25 Oz turkey, .5 Oz cheese) on Wheat Bun(N/A) ½ C Cottage Cheese ½ C Peaches (1) 1 Pc Choc Cream Pie (3)	26) 1 C Crustless Chicken Pot Pie (1) (3 Oz Chicken, ½ C Potatoes) ½ C Green Beans 1 Pc Whole Wheat Bread (1) ½ C Hot Sliced Apples (1) 4 Oz Orange Juice (1)	27) 1 C Tuna & Noodle Casserole (2) ½ C California Blend ½ C Peaches (1) 1 M&M Cookie (1) ½ C Honey Dew
30) 3 Oz Chicken Breast 1 C Popeye's Favorite Spinach Salad 1 Baked Potato (1) 1 Pc Fruit of the Forest Pie (2.5) ½ C Pineapple (1)			<b>Menus Are Subject to Change</b>  ½ Pint milk will be served each day	
<b>Nutritionals:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+. <u>Carbohydrate counting</u> is based on carbohydrate choices (CHO) or grams per meal. One carbohydrate choice (1) is approximately 15 grams of carbohydrates. Carbohydrate choices provide guidance on maintaining a consistent carbohydrate diet.	 = meal above 800 mg of sodium.  = CHOICE DAY (N/A) = carbohydrate choices are not available as menu was created for theme days, cook's choice or popular request.	Buffalo 381-4594 Cumberland House 332-9339 Edgewater on Third 484-3108 Eldridge 285-8415 CASI 386-7477 Luther Crest 388-8543 Luther Knoll 449-8318 Luther Manor 332-9407	Milestones (long distance) 1-855-410-6222 New Hope 391-0236 Spring Village 344-9463 Spruce Hills 484-3108 Camanche 559-2273 DeWitt 210-1712 Park Tower 242-4222	Please call for required reservations 2 days in advance  Home Delivered Meal Cancellations or Questions: <b>Milestones 563-484-3108</b>

