




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
1) 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)	2) 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)	3) Happy Birthday 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)	4) 4 Oz Taco Bake ½ C Brown Rice (1) ¼ C Tomato/Lettuce Mix & Salsa ½ C Black Beans (1) 1 Tortilla (1) 1 Chocolate Chip Cookie (1) 4 Oz Orange Juice (1)	5) 1 C Tomato Basil Soup (N/A) 3 Oz Egg Salad on Wheat Bun (N/A) 1 Bag Sun Chips (N/A) ½ C Applesauce (1) 1 Pc Blueberry Pie 
8) 3 Oz Roast Beef ½ C Mashed Potatoes W/Gravy (1) ½ C Broccoli-Bacon Salad 3 Vanilla Wafers (1) ½ C Pineapple (1)	9) 3 Oz Turkey ½ C Mashed Potatoes W/Gravy (1) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3) 4 Oz Orange Juice (1)	10) 3 Oz Liver & Onions Or 3 Oz Honey Mustard Chicken Breast ½ C Roasted Potatoes (1) ½ C Lima Beans (1) 1 C Yogurt (1)  1 C Watermelon (1)	11) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes W/Gravy (1) ½ C Mixed Vegetables ½ C Fresh Pineapple (1) 4 Oz Orange Juice (1)	12) 4 Oz Tilapia W/ Onions and Peppers & Tartar Sauce ¾ C California Blend 1 C Apples & Apricots Salad (2) 1 Breadstick (1) 4 Oz Orange Juice (1)
15) 3 Oz Brat with Sauerkraut on Wheat Bun (2) W/ Ketchup & Mustard ½ C Northern Beans & Leeks (1) 1 C Watermelon (1)	16) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Green Beans 1 C Banana (1) 4 Oz Orange Juice (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) 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 Honey Dew (1) 1 C Yogurt (1)	19) Good Friday All Nutrition Centers Closed No Home delivered Meals
22) 3 Oz Pot Roast with Onions ½ C Pot Roast Potatoes (1) 1 C Pot Roast Vegetables ½ C Apricots (1) ½ C Yogurt (.5)	23) 3 Oz BBQ Shredded Chicken on Bun (2) ½ C Crunchy Apple Coleslaw ½ C Pears (1) 1 Oatmeal Cookie (1) 4 Oz Orange Juice (1)	24) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C Green Beans ½ C Tropical Fruit (1) 4 Oz Orange Juice (1)	25) 3 Oz Savory Mushroom Chicken Breast ½ C Confetti Wild Rice (1) ¾ C Orange Almond Salad (1) ½ C Asparagus ½ C Strawberry Applesauce (1)	26) 3 Oz Salisbury Steak ½ C Mashed Potatoes W/Gravy (1) ½ C Red Bean Beach Salad (1) ½ C Peaches (1) 1 C Yogurt (1)
29) 3 Oz Open Face Hot Turkey Sandwich on Wheat Bread (1) ½ C Mashed Potatoes W/Gravy (1) ½ Green Bean Almondine 1 Apple 4 Oz Orange Juice (1)	30) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 Orange (1) 1 C Yogurt (1)			
Nutritionals: 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	Buffalo 381-4594 Cumberland House 332-9339 Edgewater on Third 484-3108 Eldridge 285-0123 CASI 386-7477 Luther Crest 388-8543 Luther Knoll 449-8318 Luther Manor 332-9407 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 ONLY 563-484-3108 All other meal inquiries call 1-855-410-6222

