






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
<p><b>Menus Are Subject to Change</b></p> <p><b>½ Pint milk will be served each day</b></p>		<p>1) <b>Back by Popular Request</b></p> <p>1 C Cauliflower Cheese Soup (N/A)</p> <p>1 Deli Sandwich (1.25 Oz ham, 1.25 Oz turkey, .5 Oz. cheese) on Wheat Bun W/ Mayo (N/A)</p> <p>½ C Cottage Cheese (N/A)</p> <p>½ C Peaches (1)</p> <p>1 Small Cupcake (2)</p> 	<p>2)</p> <p>3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Wheat Bread (1)</p> <p>½ C Mashed Potatoes (1)</p> <p>½ Green Bean Almondine</p> <p>1 Banana (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>3)</p> <p>1 C Goulash (2)</p> <p>(3 Oz Meat, ½ C Noodles)</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>1 Sugar Cookie (1)</p> <p>4 Oz Grape Juice (1)</p>
<p>6)</p> <p>3 Oz Andy's Meatloaf</p> <p>½ C Mashed Potatoes (1) W/ Gravy</p> <p>½ C Green Beans</p> <p>½ C Tropical Fruit (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>7)</p> <p>3 Oz Savory Mushroom Chicken Breast</p> <p>½ C Confetti Wild Rice (1)</p> <p>¾ C Orange Almond Salad (1)</p> <p>½ C Asparagus</p> <p>½ C Strawberry Applesauce (1)</p>	<p>8)</p> <p>3 Oz Tuna on Whole Grain Bread (2)</p> <p>1 C Strawberry Spinach Salad (1)</p> <p>1 Pc Blueberry Pie (3.5)</p> <p>1 Banana (1)</p>	<p>9)</p> <p>3 Oz BBQ Shredded Chicken on Bun (2)</p> <p>½ C Crunchy Apple Coleslaw</p> <p>½ C Pears (1)</p> <p>1 Oatmeal Cookie (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>10)</p> <p>3 Oz Salisbury Steak W/Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Red Bean Beach Salad (1)</p> <p>1 Peach (1)</p> <p>1 C Yogurt (1)</p>
<p>13)</p> <p>1 C Tater Tot Casserole (2) (3 Oz Beef &amp; ½ C Potatoes)</p> <p>¾ C Broccoli Mandarin Orange Salad (1)</p> <p>1 Pc Wheat Bread (1)</p> <p>½ C Lime Jello (1)</p> <p>½ C Pineapple (1)</p>	<p>14)</p> <p>1 Stuffed Green Pepper (1) (3 Oz Beef, ½ C Rice)</p> <p>½ C Butter Beans (1)</p> <p>½ C Cantaloupe (1)</p> <p>1 Pc Cherry Pie (3.5)</p> <p>4 Oz Vanilla Ice Cream (1)</p>	<p>15)</p> <p>3 Oz Pork Chop W/Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Harvest Cream Corn &amp; Bacon (1)</p> <p>½ C Tropical Fruit (1)</p> <p>1 Banana (1)</p>	<p>16)</p> <p>1 C Spaghetti W/Meat Sauce (1)</p> <p>(3 Oz Meat, ½ C Noodles)</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>1 Breadstick (1)</p> <p>1/2 C Fresh Fruit Cup (1)</p> <p>8 Oz Yogurt (2)</p>	<p>17)</p> <p>3 Oz Brat with Sauerkraut on Wheat Bun (2)</p> <p>W/ Ketchup &amp; Mustard</p> <p>½ C Northern Beans &amp; Leeks (1)</p> <p>1 C Watermelon (1)</p> 
<p>20)</p> <p>4 Oz Tilapia W/ Onions and Peppers &amp; Tartar Sauce</p> <p>¾ C California Blend</p> <p>1 C Apples &amp; Apricots Salad (2)</p> <p>1 Breadstick (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>21)</p> <p>3 Oz Liver &amp; Onions Or 3 Oz Honey Mustard Chicken Breast</p> <p>½ C Au Gratin Potatoes (1)</p> <p>½ C Lima Beans (1)</p> <p>1 C Fresh Strawberries (1)</p> <p>1 C Yogurt (2)</p> <p>4 Oz Orange Juice (1)</p> 	<p>22)</p> <p>3 Oz Turkey W/ Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Green Beans</p> <p>½ C Cranberry Star Salad (1)</p> <p>1 Pc Pumpkin Pie (3)</p> <p>4 Oz Orange Juice (1)</p>	<p>23)</p> <p>3 Oz Andy's Meatloaf</p> <p>½ C Mashed Potatoes W/Gravy (1)</p> <p>½ C Mixed Vegetables</p> <p>½ C Pineapple (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>24)</p> <p>3 Oz Roast Beef W/Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Broccoli-Bacon Salad</p> <p>3 Vanilla Wafers (1)</p> <p>½ C Honey Dew (1)</p>
<p>27)</p> <p>3 Oz Chicken &amp; Noodle Casserole (2)</p> <p>½ C Peas</p> <p>½ C Pears (1)</p> <p>½ C Yogurt (.5)</p>	<p>28)</p> <p>3 Oz BBQ Pulled Pork on Wheat Bun (2)</p> <p>½ C Roasted Red Potatoes (1)</p> <p>½ C Broccoli</p> <p>1 Banana (1)</p>	<p>29)</p> <p>3 Oz Shepard's Pie</p> <p>½ C Green Beans</p> <p>1 Wheat Dinner Roll</p> <p>½ C Cherry Cobbler (1)</p>	<p>30)</p> <p>3 Oz Italian Herb Roasted Chicken</p> <p>1 Sweet Baked Potato (1)</p> <p>½ C Winter Blend</p> <p>½ C Autumn Apple Salad (1)</p>	<p>31)</p> <p>3 Oz Honey Thyme Pork Loin W/ Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>½ C Prunes (1)</p>
<p><b>Nutritionals:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+.</p> <p><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.</p>	<p> = meal above 800 mg of sodium.</p> <p> = CHOICE DAY</p> <p>(N/A) = carbohydrate choices are not available as menu was created for theme days, cook's choice or popular request.</p>	<p>Buffalo 381-4594</p> <p>Cumberland House 332-9339</p> <p>Edgewater on Third 484-3108</p> <p>Eldridge 285-8415</p> <p>CASI 386-7477</p> <p>Luther Crest 388-8543</p> <p>Luther Knoll 449-8318</p> <p>Luther Manor 332-9407</p>	<p>Milestones (long distance) 1-855-410-6222</p> <p>New Hope 391-0236</p> <p>Spring Village 344-9463</p> <p>Spruce Hills 484-3108</p> <p>Camanche 559-2273</p> <p>DeWitt 210-1712</p> <p>Park Tower 242-4222</p>	<p>Please call for required reservations 2 days in advance</p> <p>Home Delivered Meal Cancellations or Questions:</p> <p><b>Milestones 563-484-3108</b></p>

