


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
3) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 Orange (1) 1 C Yogurt (1)	4) 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)	5) <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)	6) 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)	7) 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)
10) 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)	11) 4 Oz Baked Fish W/ Tartar Sauce Or Hamburger Patty On Wheat Bun (2) W/ Ketchup and Mustard 1/3 C Italian Vegetable Pasta Salad  1 C Carrots (1) 1 Pc Banana Pudding Square (2)	12) 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)	13) 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)	14) 3 Oz Savory Mushroom Chicken Breast ½ C Confetti Wild Rice (1) ¼ C Orange Almond Salad (1) ½ C Asparagus ½ C Strawberry Applesauce (1)
17) 8 Oz Shepard's Pie (2.5) ½ C Green Beans 1 Wheat Dinner Roll (1) ½ C Cherry Crisp (2)	18) 3 Oz Loose Meat Sandwich on Wheat Bun W/ Ketchup and Mustard (2) ½ C Honey Glazed Carrots 1 C Tropical Fruit (1) 8 Oz Yogurt (1)	19) <b>Early Christmas Meal</b> 3 Oz Ham ½ C Sodexo's Sweet Potato Casserole (1.5)  ½ C Brussel Sprouts (1) 1 Wheat Dinner Roll ½ C Applesauce 1 Pc Fruit of the Forest Pie	20) 3 Oz Chicken & Noodle Casserole (2) ½ C Carrots ½ C Pears (1) ½ C Yogurt (.5)	21) 3 Oz Honey Thyme Pork Loin ½ C Mashed Potatoes W/Gravy (1) 1 C Big Bowl of Tuscan Greens ½ C Pineapple (1)
24) <b>Christmas Eve</b>  <b>All Nutrition Centers Closed</b>  <b>No Home Deliveries</b>	25) <b>Christmas</b>  <b>All Nutrition Centers Closed</b>  <b>No Home Deliveries</b>	26) 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)	27) 1 C Chili (N/A) 1 C Big Bowl of Tuscan Greens 1 Pc Corn Bread (N/A) ½ C Mandarin Oranges (1) 1 Pc Banana Pudding Square(N/A) 	28) 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)
31) <b>New Year's Eve</b>  <b>All Nutrition Centers Closed</b>  <b>No Home Deliveries</b>			<b>Menus are subject to change</b>  ½ Pint milk served daily	
<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 285-0123 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 <b>1-855-410-6222</b>

