



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 Honey Thyme Pork Loin ½ C Mashed Potatoes W/Gravy (1) 1 C Big Bowl of Tuscan Greens ½ C Pineapple (1)
4) 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)	5) 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)	6) Ash Wednesday 1 C Italian Cheese Lasagna (2) 1 C Big Bowl of Tuscan Greens (1) 1 Bread Stick (1)  ½ C Tropical fruit (1) 1 Pc Strawberry Cream Pie (2)	7) 3 Oz Open Face Hot Turkey Sandwich on Bread (1) ½ C Mashed Potatoes W/Gravy (1) ½ Green Bean Almondine 1 Apple (1) 4 Oz Orange Juice (1)	8) 1 C Potato Soup (2) 1 Fish Wedge W/ Tartar Sauce ½ C Cottage Cheese (0) ½ C Peaches (1)  1 Pc Pecan Pie (2)
11) 3 Oz Chicken Salad on Iceberg Lettuce 1/3 C Baked Beans (1) ½ C Pineapple (1) 1 C Yogurt (1))	12) 1 C Beef Stroganoff (½ C Noodles, 3 Oz Beef) (2) ½ C Mixed Vegetables 1 Orange (1) 1 Pc Coconut Cream Pie (1)	13) 3 Oz Balsamic Chicken Breast ½ C Potato Salad (1) ½ C Stewed Cabbage (1) 1 Pc Wheat Bread (1) 8 Oz Grape Juice (2)	14) 1 C 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)	15) 1 C Tuna & Noodle Casserole (2) ½ C Italian Blend 1 M&M Cookie (1) ½ C Applesauce (1)
18) 1 C Tater Tot Casserole (2) (3 Oz Beef & ½ C Potatoes) ¾ C Broccoli Mandarin Orange Salad (1) 1 Pc Wheat Bread (1) ½ C Lime Jello (1) ½ C Pineapple (1)	19) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Green Beans 1 C Mandarin Oranges (1) 4 Oz Orange Juice (1)	20) 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 Fruit Cocktail (1) 1 C Yogurt (1)	21) 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)	22) 3 Oz Tilapia W/ Tartar Sauce ½ C Potato Obrien (1) ½ C California Blend ½ C Pears (1) ½ C Yogurt (.5)
25) 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)	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)	27) 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)	28) 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)	29) 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)
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