


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
Menus Are Subject to Change ½ Pint milk will be served each day	1) 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)	Happy Birthday 2) 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)	3) 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)	4) 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)
	7) 3 Oz Meat Shepard's Pie (2.5) ½ C Green Beans 1 Wheat Dinner Roll (1) ½ C Cherry Cobbler (2)	8) 3 Oz Chicken Salad Or Hamburger on Wheat Bun (2) W/ Ketchup & Mustard 1 Baked Potato (1)  1 C Brussel Sprouts ½ C Peaches (1) 1 Pc Lemon Meringue Pie (3)	9) 3 Oz BBQ Pulled Pork on Wheat Bun (2) ½ C Roasted Red Potatoes (1.5) ½ C Broccoli 1 Banana (1)	10) 3 Oz Italian Herb Roasted Chicken 1 Sweet Baked Potato (1) ½ C Winter Blend ½ C Autumn Apple Salad (1)
14) 3 Oz Salisbury Steak W/Gravy ½ C Mashed Potatoes (1) ½ C Red Bean Beach Salad (1) 1 Peach (1) 1 C Yogurt (1)	15) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C French Style Green Beans ½ C Tropical Fruit (1) 4 Oz Orange Juice (1)	16) 3 Oz Tuna on Whole Grain Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1)	17) 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)	18) 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)
21) 1 C Tuna & Noodle Casserole (2) ½ C Italian Blend ½ C Peaches (1) 1 M&M Cookie (1) ½ C Honey Dew	22) 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)	23) 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)	24) Italian Cheese Lasagna (N/A) ½ C Mixed Vegetables  1 Bread Stick (1) ½ C Fruited Jello (N/A) 1 Chocolate Fudge Brownie (N/A)	25) 3 Oz Chicken Salad on Iceberg Lettuce 1/3 C Baked Beans (1) ½ C Fresh Pineapple (1) 1 C Yogurt (1)
28) Memorial Day All Nutrition Centers Closed No Home Deliveries	29) 3 Oz Ham ½ C Sodexo's Sweet Potato Casserole (1.5)  ½ C Brussel Sprouts (1) ½ C Pudding Parfait (1)	30) 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)	31) 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Broccoli-Bacon Salad 1 C Pears (2) 5 Vanilla Wafers (1) ½ C Honey Dew	
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 (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: Milestones 563-484-3108

