



## Senior Nutrition Program Clinton and Scott Counties

**Noon Meal Menu – July 2017**

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) 1 C Beef Stew (3 Oz Beef, 1/2 C Potatoes) (2) ½ C Carrots 1 Biscuit (1) ½ C Apricots (1) 4 Oz Orange Juice (1)	4) <b>Happy 4<sup>th</sup> of July</b>  All Nutrition Centers closed  No Home Deliveries	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) 8 Oz. Orange Juice (2) 1 Small Cupcake (2)	6) 1 C Goulash (3 Oz Meat, ½ C Noodles) (2) 1 C Big Bowl Of Tuscan Greens 1 Sugar Cookie (1) 4 Oz Grape Juice (1)	7) 3 Oz Italian 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)
10) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C French Style Green Beans ½ C Apricots (1) 4 Oz Orange Juice (1)	11) 3 Oz Open Face Tuna on Whole Grain Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1)	12) 3 Oz Pot Roast With Onions ½ C Pot Roast Potatoes (1) 1 C Pot Roast Vegetables ½ C Yogurt (.5) ½ C Apricots (1) 4 Oz Orange Juice (1)	13) 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)	14) 3 Oz Salisbury Steak W/Gravy ½ C Mashed Potatoes (1) ½ C Red Bean Beach Salad(1) 1 Pear (1) 8 Oz Orange Juice (2)
17) 3 Oz Brat With Sauerkraut On Wheat Bun (2) W/ Ketchup & Mustard ½ C Northern Beans & Leeks (1)½ C Fruit Cocktail (1) 4 Oz Orange Juice (1)	18) 1 Stuffed Green Pepper (3 Oz Beef, ½ C Rice) (1) ½ C Butter Beans (1) ½ C Cantaloupe (1) 1 Pc Cherry Pie (3.5) 4 Oz Vanilla Ice Cream (1)	19) 3 Oz Pork Chop W/Gravy ½ C Mashed Potatoes (1) ½ C Harvest Cream Corn & Bacon (1) ½ C Tropical Fruit (1) 1 Banana (1)	20) 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 Cherry Jello (1) ½ C Pineapple (1)	21) 1 C Spaghetti W/Meat Sauce (3 Oz Meat, ½ C Noodles) (1) 1 C Big Bowl Of Tuscan Greens 1 Breadstick (1) 1 C Fresh Fruit Cup (1) 8 Oz Yogurt (2)
24) 3 Oz Turkey W/ Gravy ½ C Red New Potatoes (1) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3) 4 Oz Orange Juice (1)	25) 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)	26) 3 Oz Liver & Onions Or 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Lima Beans (1) 1 C Fresh Strawberries(1) 1 C Yogurt (1)	27) 4 Oz Tilapia W/ Onions and Peppers W/ Tarter Sauce ¾ C California Blend 1 C Apples and Apricots Salad (2) 1 Breadstick (1) 4 Oz Orange Juice (1)	28) 1 C Potato Soup (N/A) 1 C Garden Salad, 1 Oz Turkey, 1 Oz Ham and 1 Oz Cheese W/ Dressing (N/A) 1 Breadstick (N/A) ½ C Fruit Cocktail (N/A) 1 Pc Chocolate Cream Pie (N/A)
31) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 C Orange Sections (1) 4 Oz Orange Juice (1)				
<b>Nutritionals:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+. <b>Carbohydrate counting</b> 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.	<b>Menus Are Subject to Change</b> = 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 332-9339 Edgewater on Third 484-3108 Eldridge 285-8415 Friendly House 323-1821 CASI 386-7477 Le Claire 289-4371 Luther Crest 388-8543 Luther Knoll 449-8318	Luther Manor 332-9407 Luther Tower 355-3121 Milestones (long distance) 1-855-410-6222 New Hope 391-0236 Spring Village 344-9463 Spruce Hills 484-3108 Temple Baptist 386-0874 Walcott 284-6122	Camanche 258-4110 DeWitt 210-1712 Park Tower 242-4222 Prairie Village 484-3108 Please call for required reservations 2 days in advance  Home Delivered Meal Cancellations or Questions: <b>Milestones 563-484-3108</b>