



Senior Nutrition Program Clinton and Scott Counties

Noon Meal Menu – September 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
				1) 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)
4) Labor Day All Nutrition Centers Closed No Home Deliveries	5) 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)	6) 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) 8 Oz. Orange Juice (2) 1 Small Cupcake (2)	7) 3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Wheat Bread (1) ½ C Mashed Potatoes (1) ½ Green Bean Almondine 1 Chocolate Chip Cookie (1) 4 Oz Orange Juice (1) 1 Banana (1)	8) 3 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)
11) 3 Oz Chicken and ½ C Noodle Casserole (2) ½ C Stewed Tomatoes W/ Croutons ½ C Pears (1) 8 Oz. Orange Juice (2)	12) 3 Oz BBQ Pulled Pork (2) Wheat Bun ½ C American Fries (1) ½ C Broccoli 1 Banana (1)	13) 1 Pc Potato Crunch Pollock W/ Tartar Sauce Or Hamburger On Wheat Bun (2) W/ Ketchup and Mustard 1 Baked Potato (1) 1 C Brussel Sprouts ½ C Peaches (1) 1 Pc Lemon Meringue Pie (3)	14) 3 Oz Honey Thyme Pork Loin W/ Gravy ½ C Mashed Potatoes (1) 1 C Big Bowl of Tuscan Greens ½ C Strawberry Applesauce (1) 8 Oz Orange Juice (2)	15) For Joan S. 3 Oz Andy's Meatloaf ½ C Mashed Potatoes W/Gravy (1) ½ C Mixed Vegetables 1 Wheat Dinner Roll (1) ½ C Mandarin Oranges 1 Small Cupcake (2)
18) 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)	19) Back by Popular Request 1 C Chili (N/A) 1 C Big Bowl of Tuscan Greens 1 Pc Corn Bread (N/A) ½ C Hawaiian Salad (N/A) 4 Oz Cranberry Juice (1)	20) 1 C Crustless Chicken Pot Pie (3 Oz Chicken ½ C Potatoes) (1) ½ C Green Beans 1 Pc Whole Wheat Bread (1) ½ C Hot Sliced Apples (1) 1 Sugar Cookie (1) 4 Oz Orange Juice (1)	21) 3 Oz Unbreaded Tilapia W/ Grilled Peppers and Onions W Tartar Sauce ½ C Roasted Red Potatoes (1) ½ C Broccoli 1 Pc Wheat Bread (1) ½ C Orange Dreamcicle Fruit Salad (1)	22) 3 Oz Chicken Salad on Iceberg Lettuce ½ C Baked Beans (1) ½ C Pineapple (1) 1 Pc Rhubarb Pie (2.5) 4 Oz Orange Juice (1)
25) 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)	26) 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)	27) 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)	28) 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)	29) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Carrots 1C Apricots (1) 4 Oz Orange Juice (1)
Nutritionals: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+. Carbohydrate counting 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.	Menus Are Subject to Change = 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 559-2273 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: Milestones 563-484-3108

