



Senior Nutrition Program Clinton and Scott Counties

Noon Meal Menu – November 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) Happy Birthday ¼ Oven Baked Chicken ½ C Mashed Potatoes W/Gravy (1) ½ C Peas with Pearl Onions (1) 4 Oz Ice Cream (1) 8 Oz. Orange Juice (2) 1 Small Cupcake (2)	2) 3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Bread (1) ½ C Mashed Potatoes (1) ½ Green Bean Almondine 1 Chocolate Chip Cookie (1) 4 Oz Orange Juice (1) 1 Banana (1)	3) 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)
6) 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)	7) 3 Oz Tilapia W/ Tartar Sauce ½ C Potato Obrien (1) ½ C California Blend ½ C Pears (1) 4 Oz Orange Juice (1)	8) 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)	9) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Carrots 1C Apricots (2) 4 Oz Orange Juice (1)	10) Veteran's Day All Nutrition Centers Closed No Home Deliveries
13) 1 C Chili (N/A) 1 C Big Bowl of Tuscan Greens (N/A) 1 Pc Corn Bread (N/A) ½ C Mandarin Oranges (N/A) 1 Pc Banana Pudding Square(N/A)	14) 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Broccoli-Bacon Salad 1 C Pears (2) 3 Sugar Wafers (1) 4 Oz. Orange Juice (1)	15) 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)	16) Pre Thanksgiving 3 Oz Turkey W/ Gravy ½ C Mashed Potatoes (1) ½ C Stuffing (N/A) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3)	17) 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 (2)
20) 3 Oz Chicken and Noodle Casserole (2) ½ C Stewed Tomatoes W/ Croutons ½ C Pears (1) 8 Oz. Orange Juice (2)	21) 3 Oz Honey Thyme Pork Loin W/ Gravy ½ C Mashed Potatoes (1) 1 C Big Bowl of Tuscan Greens ½ C Apricots (1) 8 Oz Orange Juice (2)	22) 3 Oz Loose Meat Sandwich On Wheat Bun (2) ½ C Bugs Bunny Parmesan Carrots 1 C Tropical Fruit (1) 8 Oz Yogurt (2)	23) Happy Thanksgiving All Nutrition Centers Closed No Home Deliveries	24) All Nutrition Centers Closed No Home Deliveries
27) 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)	28) 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)	29) 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)	30) 3 Oz Tuna on Whole Grain Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1)	
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.	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 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

