






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
<p>Menus Are Subject to Change</p> <p>½ Pint milk will be served each day</p>			<p>1) 3 Oz Tuna Salad on Wheat Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1)</p>	<p>2) 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)</p>
<p>5) 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)</p>	<p>6) 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)</p>	<p>7) 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)</p>	<p>8) 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)</p>	<p>9) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 Orange (1) 4 Oz Orange Juice (1)</p>
<p>12) 3 Oz Ham ½ C Sodexo's Sweet Potato Casserole (1.5) ½ C Brussel Sprouts (1) ½ C Pudding Parfait (1)</p> 	<p>13) 3 Oz Liver & Onions Or 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Lima Beans (1) 1 C Strawberries (1) 1 C Yogurt (2)</p> 	<p>14) Happy Valentine's Day 1 C Tomato Basil Soup (N/A) ½ C Egg Salad on Wheat Bun (N/A) ½ C Tuscan Green Salad ½ C Strawberry Applesauce (1) 1 Valentine Treat (N/A)</p>	<p>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)</p>	<p>16) 4 Oz Tilapia W/ Onions & Peppers W/ Tartar Sauce ¾ C California Blend 1 C Apples & Apricots Salad (2) 1 Breadstick (1) 4 Oz Orange Juice (1)</p>
<p>19) President's Day</p> <p>All Nutrition Centers Closed</p> <p>No Home Deliveries</p>	<p>20) 3 Oz Chicken and Noodle Casserole (2) ½ C Stewed Tomatoes W/ Croutons ½ C Pears (1) 8 Oz. Orange Juice (2)</p>	<p>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)</p>	<p>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)</p>	<p>23) 1 Pc Potato Crunch Pollock W/ Tartar Sauce 1 Sweet Potato (1) 1 C Brussel Sprouts ½ C Peaches (1) 1 Pc Lemon Meringue Pie (3)</p>
<p>26) 1 C Crustless 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) 1 Sugar Cookie (1) 4 Oz Orange Juice (1)</p>	<p>27) Dressed up Potato Day 1 C Chili on Baked Potato W/ Sour Cream (N/A) 1 C Tuscan Greens ½ C Mixed Fruit Cup (1) 1 Pc Boston Cream Pie (3)</p> 	<p>28) ¼ Bbq Baked Chicken ½ C Au Gratin Potatoes (1) ½ C Peas and Carrots (.5) 1 Banana (1) 4 Oz Orange Juice (1)</p>		
<p>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.</p>	 = 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.	<p>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</p>	<p>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</p>	<p>Please call for required reservations 2 days in advance</p> <p>Home Delivered Meal Cancellations or Questions:</p> <p>Milestones 563-484-3108</p>

