



Noon Meal Menu – May 2017 Clinton & Scott Counties

For people 60 years of age and over 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.

Monday	Tuesday	Wednesday	Thursday	Friday
1) 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)	2) 1 C Cauliflower Cheese Soup 1 Deli Sandwich (1.25 oz ham, 1.25 oz turkey, .5 oz cheese) On Wheat Bun W/ Mayo ½ C Cottage Cheese ½ C Peaches	3) 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)	4) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 C Orange Sections (1) 4 Oz Orange Juice (1)	5) 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)
8) 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)	9) 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)	10) 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)	11) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Carrots 1C Apricots (1) 4 Oz Orange Juice (1)	12) 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)
15) 1 C Garden Salad, 1 Oz Turkey And 1 Oz Cheese W/ Dressing 1 Pkg Crackers ½ C Hawaiian Salad (1) 4 Oz Low Sodium Tomato Juice	16) 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)	17) 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)	18) 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)	19) 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)
22) 3 Oz Chicken And ½ C Noodle Casserole (2) ½ C Stewed Tomatoes W/ Croutons ½ C Pears (1) 8 Oz. Orange Juice (2)	23) 3 Oz BBQ Pulled Pork (2) Wheat Bun ½ C American Fries (1) ½ C Broccoli 1 Banana (1)	24) 1 C Potato Soup 1 C Garden Salad, 1 Oz Turkey, 1 Oz Ham and 1 Oz Cheese W/ Dressing 1 Breadstick ½ C Fruit Cocktail 1 Pc Chocolate Cream Pie	25) 3 Oz BBQ Chicken Breast ½ C Brown Rice (1) ½ C Green Beans 1 Chocolate Chip Cookie (1) 4 Oz Grape Juice (1)	26) 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)
29) Memorial Day All Nutrition Centers Closed No Home Deliveries	30) 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)	31) 3 Oz Savory Mushroom Chicken Breast ½ C Confetti Wild Rice (1) ¾ C Orange Almond Salad (1) ½ C Asparagus ½ C Strawberry Applesauce (1)		CHO (carbohydrate choice) provides guidance on maintaining a consistent carbohydrate diet. Carbohydrate counting is based on choices or grams per meal. One carbohydrate choice (CHO) is approximately 15 grams of carbohydrate.
Menus Are Subject To Change This menu provides a general balanced diet that meets the RDS's/RIA's for adults.	= meals above 800 mg of sodium. = CHOICE DAY = One carbohydrate choice (CHO)	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 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 Milestones 1-855-410-6222

