




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>			1) 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)	2) 1 C Navy Bean Soup (N/A) ½ C Egg Salad On Wheat Bun (N/A) ½ C Tuscan Green Salad ½ C Peaches (1) 2 Graham Crackers (N/A)
5) 3 Oz 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)	6) 4 Oz Taco Bake ½ C Brown Rice (1) ¼ C Salsa ¼ C Tomato/Lettuce Mix ½ C Black Beans (1) 1 Tortilla (1) 1 Chocolate Chip Cookie (1) 4 Oz. Orange Juice (1)	7) Happy Birthday ¼ Oven Baked Chicken ½ C Mashed Potatoes ½ C Peas with Pearl Onions (1) 4 Oz Ice Cream (1) 8 Oz. Orange Juice (2) 1 Small Cupcake (2)	8) 3 Oz Pork Loin 1/3 C Pasta Salad (1) ½ C Stewed Tomatoes 1 Orange (1) 4 Oz Orange Juice (1)	9) Italian Cheese Lasagna (N/A) ½ C Mixed Vegetables 1 Bread Stick (1) ½ C Fruited Jello (N/A) 5 Vanilla Wafer Cookies (N/A) 
12) 3 Oz Salisbury Steak W/Gravy ½ C Mashed Potatoes (1) ½ C Red Bean Beach Salad (1) ½ C Pears (1) 8 Oz Orange Juice (2)	13) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C French Style Green Beans ½ C Fruit Cocktail (1) 4 Oz Orange Juice (1)	14) 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)	15) 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)	16) 3 Oz Tuna on Whole Grain Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1) (1)
19) 3 Oz BBQ Pulled Pork on Wheat Bun (2) ½ C American Fries (1) ½ C Broccoli 1 Banana (1)	20) 3 Oz Chicken & Noodle Casserole (2) ½ C Stewed Tomatoes W/ Croutons ½ C Pears (1) 8 Oz. Orange Juice (2)	21) 3 Oz Loose Meat Sandwich on Wheat Bun (2) ½ C Bugs Bunny Parmesan Carrots 1 C Tropical Fruit (1) 8 Oz Yogurt (2)	22) 3 Oz Italian Herb Roasted Chicken 1 Sweet Baked Potato (1) ½ C Edemame (.5) ½ C Autumn Apple Salad (1)	23) 1 Pc Potato Crunch Pollock W/ Tartar Sauce 1 Baked Potato (1) 1 C Brussel Sprouts ½ C Peaches (1) 1 Pc Lemon Meringue Pie (3)
26) 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)	27) 3 Oz Ham ½ C Sodexo's Sweet Potato Casserole (1.5) ½ C Brussel Sprouts (1) ½ C Pudding Parfait (1) 	28) 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)	29) 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)	30) 4 Oz Baked Fish W/ Tartar Sauce ¾ C California Blend 1 C Apples & Apricots Salad (2) 1 Breadstick (1) 4 Oz Orange Juice (1)
<p>Nutritionals: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+.</p> <p><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. (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

