






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><b>Menus are subject to change</b></p> <p><b>½ Pint milk served daily</b></p>			<p>1) 3 Oz Liver &amp; Onions Or 3 Oz Honey Mustard Chicken Breast ½ C Roasted Potatoes (1) ½ C Lima Beans (1) 1 C Yogurt (1) 4 Oz Orange Juice (1)</p> 	<p>2) 3 Oz Roast Beef ½ C Mashed Potatoes W/Gravy (1) ½ C Broccoli-Bacon Salad 3 Vanilla Wafers (1) ½ C Pineapple (1)</p>
<p>5) 3 Oz Open Face Hot Turkey Sandwich on Wheat Bread (1) ½ C Mashed Potatoes W/Gravy (1) ½ Green Bean Almondine 1 Apple 4 Oz Orange Juice (1)</p>	<p>6) 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>7) <b>Happy Birthday</b> ¼ Oven Baked Chicken ½ C Mashed Potatoes (1) w/Gravy ½ C Peas with Pearl Onions (1) 4 Oz Ice Cream (1) 1 Small Cupcake (2) 8 Oz Orange Juice (2)</p>	<p>8) 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>9) 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 Tidbits (1)</p>
<p>12) <b>Veteran's Day</b></p> <p><b>All Nutrition Centers Closed</b></p> <p><b>No Home Deliveries</b></p>	<p>13) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C Green Beans ½ C Tropical Fruit (1) 4 Oz Orange Juice (1)</p>	<p>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)</p>	<p>15) <b>Pre Thanksgiving</b></p> <p>3 Oz Turkey ½ C Mashed Potatoes W/Gravy (1) ½ C Stuffing (N/A) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3)</p> 	<p>16) 3 Oz Salisbury Steak ½ C Mashed Potatoes W/Gravy (1) ½ C Red Bean Beach Salad (1) ½ C Peaches (1) 1 C Yogurt (1)</p>
<p>19) 1 C Tuna &amp; Noodle Casserole (2) ½ C Italian Blend 1 M&amp;M Cookie (1) ½ C Applesauce (1)</p>	<p>20) ¼ Bbq Baked Chicken ½ C Mashed Potatoes W/ Gravy (1) ½ C Broccoli (.5) 1 Banana (1) 1 C Yogurt (1)</p>	<p>21) 1 C Beef Stroganoff (½ C Noodles, 3 Oz Beef) (2) ½ C Mixed Vegetables 1 Orange (1) 1 Pc Coconut Cream Pie (1)</p>	<p>22) <b>Thanksgiving</b></p> <p><b>All Nutrition Centers Closed</b></p> <p><b>No Home Deliveries</b></p>	<p>23)</p> <p><b>All Nutrition Centers Closed</b></p> <p><b>No Home Deliveries</b></p>
<p>26) 1 C Cauliflower Cheese Soup (N/A) 1 Deli Sandwich (1.25 Oz ham, 1.25 Oz turkey, .5 Oz cheese) On Bun W/ Mayo (N/A) ½ C Cottage Cheese (1/2) ½ C Peaches (1)</p> 	<p>27) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) ½ C Green Beans 1 C Mandarin Oranges (1) 4 Oz Orange Juice (1)</p>	<p>28) 1 C Spaghetti W/Meat Sauce (1) (3 Oz Meat, ½ C Noodles) 1 C Big Bowl of Tuscan Greens 1 Breadstick (1) 1/2 C Fruit Cocktail (1) 1 C Yogurt (1)</p>	<p>29) 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)</p>	<p>30) 3 Oz Pork Chop ½ C Mashed Potatoes W/Gravy (1) ½ C Harvest Cream Corn &amp; Bacon (1) ½ C Tropical Fruit (1)</p>
<p><b>Nutritionals:</b> 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>	<p> = meal above 800 mg of sodium.</p> <p> = CHOICE DAY</p> <p>(N/A) = carbohydrate choices are not available as menu was created for theme days, cook's choice or popular request.</p>	<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 Spring Village 344-9463 Spruce Hills 484-3108</p>	<p>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 ONLY 563-484-3108</p> <p>All other meal inquiries call <b>1-855-410-6222</b></p>

