





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>3) <b>Labor Day</b></p> <p><b>All Nutrition Centers Closed</b> <b>No Home Deliveries</b></p>	<p>4)</p> <p>1 C Beef Stew (2) (3 Oz Beef, 1/2 C Potatoes)</p> <p>½ C Carrots</p> <p>1 Biscuit (1)</p> <p>½ C Apricots (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>5) <b>Happy Birthday</b></p> <p>¼ Oven Baked Chicken</p> <p>½ C Mashed Potatoes (1) w/Gravy</p> <p>½ C Peas with Pearl Onions (1)</p> <p>4 Oz Ice Cream (1)</p> <p>1 Small Cupcake (2)</p> <p>8 Oz Orange Juice (2)</p>	<p>6)</p> <p>1 C Goulash (2) (3 Oz Meat, ½ C Noodles)</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>1 Sugar Cookie (1)</p> <p>4 Oz Grape Juice (1)</p>	<p>7)</p> <p>3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Wheat Bread (1)</p> <p>½ C Mashed Potatoes (1)</p> <p>½ Green Bean Almondine</p> <p>1 Banana (1)</p> <p>4 Oz Orange Juice (1)</p>
<p>10)</p> <p>3 Oz Chicken Salad on Iceberg Lettuce</p> <p>1/3 C Baked Beans (1)</p> <p>½ C Fresh Pineapple (1)</p> <p>1 C Yogurt (1))</p>	<p>11)</p> <p>3 Oz Unbreaded Tilapia W/ Grilled Peppers and Onions</p> <p>1 Sweet Baked Potato (1)</p> <p>½ C Broccoli</p> <p>1 Pc Wheat Bread (1)</p> <p>½ C Orange Dreamcicle Fruit Salad (1)</p>	<p>12)</p> <p>1 C Beef Stroganoff (½ C Noodles, 3 Oz Beef) (2)</p> <p>½ C Mixed Vegetables</p> <p>1C Orange Sections (1)</p> <p>1 Pc Coconut Cream Pie (1)</p>	<p>13) <b>Back by Popular Request</b></p> <p>1 C Chili</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>1 Pc Corn Bread</p> <p>½ C Hawaiian Salad</p> <p>4 Oz Cranberry Juice </p>	<p>14)</p> <p>3 Oz Balsamic Chicken Breast</p> <p>½ C Potato Salad (1)</p> <p>½ C Stewed Cabbage (1)</p> <p>1 Pc Wheat Bread (1)</p> <p>8 Oz Grape Juice (2)</p>
<p>17)</p> <p>3 Oz Ham</p> <p>½ C Sodexo's Sweet Potato Casserole (1.5)</p> <p>½ C Brussel Sprouts (1)</p> <p>½ C Pudding Parfait (1) </p>	<p>18)</p> <p>3 Oz Roast Beef W/Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Broccoli-Bacon Salad</p> <p>3 Vanilla Wafers (1)</p> <p>½ C Honey Dew (1)</p>	<p>19)</p> <p>3 Oz Liver &amp; Onions Or 3 Oz Honey Mustard Chicken Breast </p> <p>½ C Au Gratin Potatoes (1)</p> <p>½ C Lima Beans (1)</p> <p>1 C Fresh Strawberries (1)</p> <p>1 C Yogurt (1)</p> <p>4 Oz Orange Juice (1)</p>	<p>20)</p> <p>3 Oz Turkey W/ Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>½ C Green Beans</p> <p>½ C Cranberry Star Salad (1)</p> <p>1 Pc Pumpkin Pie (3)</p> <p>4 Oz Orange Juice (1)</p>	<p>21)</p> <p>3 Oz Andy's Meatloaf</p> <p>½ C Mashed Potatoes W/Gravy (1)</p> <p>½ C Mixed Vegetables</p> <p>½ C Pineapple (1)</p> <p>4 Oz Orange Juice (1)</p>
<p>24)</p> <p>3 Oz Chicken &amp; Noodle Casserole (2)</p> <p>½ C Peas</p> <p>½ C Pears (1)</p> <p>½ C Yogurt (.5)</p>	<p>25)</p> <p>3 Oz Honey Thyme Pork Loin W/ Gravy</p> <p>½ C Mashed Potatoes (1)</p> <p>1 C Big Bowl of Tuscan Greens</p> <p>½ C Prunes (1)</p>	<p>26)</p> <p>3 Oz Italian Herb Roasted Chicken</p> <p>1 Sweet Baked Potato (1)</p> <p>½ C Winter Blend</p> <p>½ C Autumn Apple Salad (1)</p>	<p>27)</p> <p>8 Oz Shepard's Pie (2.5)</p> <p>½ C Green Beans</p> <p>1 Wheat Dinner Roll (1)</p> <p>½ C Cherry Cobbler (2)</p>	<p>28)</p> <p>3 Oz Loose Meat Sandwich on Wheat Bun (2)</p> <p>½ C Honey Glazed Carrots</p> <p>1 C Tropical Fruit (1)</p> <p>8 Oz Yogurt (1)</p>
			<p><b>Menus Are Subject to Change</b></p> <p><b>½ Pint milk will be served each day</b></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</p> <p>Cumberland House 332-9339</p> <p>Edgewater on Third 484-3108</p> <p>Eldridge 285-8415</p> <p>CASI 386-7477</p> <p>Luther Crest 388-8543</p> <p>Luther Knoll 449-8318</p> <p>Luther Manor 332-9407</p>	<p>Milestones (long distance) 1-855-410-6222</p> <p>New Hope 391-0236</p> <p>Spring Village 344-9463</p> <p>Spruce Hills 484-3108</p> <p>Camanche 559-2273</p> <p>DeWitt 210-1712</p> <p>Park Tower 242-4222</p>	<p>Please call for required reservations 2 days in advance</p> <p>Home Delivered Meal Cancellations or Questions: <b>Milestones 563-484-3108</b></p>