

Nutrition program for the Elderly
Milk and Butter Included with each meal
January 2012

*** Diabetic meals will have a dessert substitution of one of the following: fresh fruit, canned fruit (juice washed off), vanilla wafers, graham crackers, sff jello, pudding or cookie and applesauce.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| HOLIDAY JAN 2 | HOTDOG W/ MUSTARD & RELISH BAKED BEANS POTATO WEDGES WW HOTDOG BUN FRESH APPLE MILK JAN 3 | MACARONI & CHEESE LIMA BEANS SEASONED CABBAGE CORNBREAD MANDARIN ORANGES MILK JAN 4 | GRILLED CHICKEN W/M'ROOM GRAVY WHOLE KERNEL CORN MIXED VEGETABLES WW DINNER ROLL PEARS MILK JAN 5 | FISH FILLET W/ TARTAR SAUCE COLESLAW POTATO WEDGES WW BUN PEACH CRISP MILK JAN 6 |
| CHICKEN & NOODLES SWEET POTATOES SUCCOTASH WW DINNER ROLL PINEAPPLE MILK JAN 9 | HOMEMADE VEG SOUP ½ PIMENTO CH. SAND. SLICED PEACHES BROWNIE MILK JAN 10 | CATALINA CHICKEN MASHED POTATOES GREEN BEANS WW DINNER ROLL FRUIT COCKTAIL MILK JAN 11 | CHILI WITH BEANS STEAMED RICE COLESLAW WHEAT CRACKERS BAKED APPLES MILK JAN 12 | WHITE BEANS W/ HAM MIXED GREENS COOKED CARROTS CORNBREAD FRESH BANANA MILK JAN 13 |
| HOLIDAY JAN 16 | ENCHILADA PIE STEAMED RICE MEXICALI CORN WW SLICE BREAD (1) APPLESAUCE MILK JAN 17 | TOMATO SOUP HAM & CHEESE SAND. SLICED PEACHES 2 SL. WHEAT BREAD BROWNIE MILK JAN 18 | CHICKEN TENDERS W/ HONEY MUST. CHEESY POTATOES STEAMED BROCCOLI WW DINNER ROLL DICED PEARS MILK JAN 19 | BREADED PORK CHOP GREEN BEANS RED CINNAMON AP- PLES WW DINNER ROLL SPONGE CAKE MILK JAN 20 |
| SLOPPY JOE GREEN PEAS WHOLE KERNEL CORN WW BUN TROPICAL FRUIT MILK JAN 23 | PEPPER STEAK W/ GRAVY AUGRATIN POTATOES TURNIP GREENS CORNBREAD MIXED FRUIT MILK JAN 24 | SAUSAGE PATTIE W/CHEESE BAKED APPLES YELLOW HOMINY BUTTERMILK BIS- CUIT FRESH ORANGE MILK JAN 25 | BAKED SPAGHETTI TOSS SALAD W/ RANCH SLICED PEACHES TEXAS TOAST BROWNIE MILK JAN 26 | BBQ SANDWICH POTATO SALAD 9 DAY SLAW WW BUN 1 PKT BBQ SAUCE FRESH BANANA MILK JAN 27 |
| KRAUT & WEINERS SWEET POTATOES CROWDER PEAS CORNBREAD MIXED FRUIT MILK JAN 30 | FIESTA MAC & CHEESE STEAMED BROCCOLI COLESLAW 1 SL. WW BREAD BAKED PEARS MILK JAN 31 | | | |

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