





SENIOR NUTRITION PROGRAM 8-WEEK CYCLE FROZEN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 5					
Turkey Pasta Bake (W,M,S,E) * Fiesta Vegetables Green Beans	Pork Stir Fry (M,E,W,P,T,S,F,SF) Brown Rice * Cauliflower <u>Scandinavian Vegetables</u>	 Chicken Tahitian (M,E,W,P,T,S,F,SF) over WG Noodles (W,S) <u>Carrots</u> * Steamed Cabbage	Beef Parmesan (M,S,W) over WG Pasta (S,W) Marinara Italian Green Beans * Winter Vegetables	Oven Baked Fish (F) w/Dill Sauce (S,W) Brown Rice * Brussels Sprouts <u>Bean Medley</u>	1/2-gallon Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 6					
BBQ Pork Rib Patty (M,W,S) * over Mashed Potatoes (M) <u>Bean Medley</u> Applesauce	 Teriyaki Meatballs (S,W,M) with Sauce (M,E,W,P,T,S,F,SF,SE) over Brown Rice <u>Carrots</u> * Cabbage	Chicken w/Cilantro Lime Sauce (M,S,W) * California Vegetables Whole Kernel Corn Brown Spanish Rice	Oven Baked Fish (F) w/Creamy Garlic Sauce (W,S,M) over WG Pasta (W,S) * Fiesta Vegetables Stewed Tomatoes	Turkey Meat Sauce w/WG Spaghetti (W,S) * Broccoli <u>Italian Vegetables</u>	Powdered Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 7					
Chicken (S) w/Apple Chutney (S) <u>Carrots</u> * Mashed Potatoes (M) Peas	 Tuna Pasta Au Gratin (F,W,S,M) * Winter Vegetables <u>Mixed Vegetables</u>	Sesame Mustard Pork (M,E,W,P,T,S,F,SF,SE) * Asian Vegetables * Seasoned Cabbage Asian Brown Rice (M,E,W,P,T,S,F,SF,SE)	Turkey Ziti (W,M,E) * Cauliflower <u>Spinach</u>	Creole Steak (M,W,S,E,T) over Brown Rice * Broccoli Capri Vegetables	1/2-gallon Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 8					
Ginger Pepper Beef (M,E,W,P,T,S,F,SF,SE) * Broccoli Asian Vegetable Blend Brown Rice	 Salmon Patty (F,E) w/Dill Sauce (S,W) over Brown Rice <u>Bean Medley</u> * Steamed Cabbage	Pork Harvest Stew (W) Elbow Macaroni (W) * Brussels Sprouts Green Beans w/Red Peppers	Chicken (S) w/Creole Sauce * Mashed Potatoes (M) Green Peas <u>Italian Vegetables</u>	Vegetarian Southwest Pasta (W,S,M) * Cauliflower <u>Scandinavian Vegetables</u>	Powdered Milk (M) 1 loaf of Whole-Wheat Bread (W,S) Assorted Fruits/Juices

EFFECTIVE 7/3/23

KEY: * indicates Vitamin C-rich food

__ indicates Vitamin A rich food

Top 9 Allergens (Key): Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF), Sesame (SE)
Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain. Please inform the dining services staff if you have a food allergy or celiac disease to decrease your risk of a reaction.