





**SENIOR NUTRITION PROGRAM 8-WEEK CYCLE FROZEN MENU**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>In Addition</b>
<b>WEEK 5</b>					
Turkey Ziti * Fiesta Vegetables Stewed Tomatoes	Pork Stir Fry over Brown Rice * Cauliflower <u>Scandinavian Vegetables</u>	 Salmon Patty w/Dill Sauce over Brown Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Parmesan over WG Pasta Marinara Italian Green Beans * Winter Vegetables	Chicken w/Creole Sauce * Mashed Potatoes <u>Italian Vegetables</u> Green Peas	1/2-gallon Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 6</b>					
BBQ Pork Rib Patty * over Mashed Potatoes <u>Bean Medley</u> Applesauce	 Sweet & Sour Meatballs over Brown Rice <u>Spinach</u> * Cauliflower	Chicken w/Cilantro Lime Sauce * California Vegetables Whole Kernel Corn Brown Spanish Rice	Oven Baked Fish w/Creamy Garlic Sauce over Wild Rice * Fiesta Vegetables Green Beans	Turkey Meat Sauce w/WG Spaghetti * Broccoli <u>Scandinavian Vegetables</u>	Powdered Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 7</b>					
Chicken w/Apple Chutney <u>Yams</u> * Winter Vegetables	 Creamy Tuna over WG Noodles * Fiesta Vegetables Whole Kernel Corn	Pork Lo Mein <u>Mixed Vegetables</u> * Seasoned Cabbage	Chicken Pasta Bake * Cauliflower <u>Carrots</u>	Creole Steak over Brown Rice * Broccoli Capri Vegetables	1/2-gallon Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 8</b>					
Beef & Vegetable Stew * Broccoli Whole Kernel Corn	 Chicken Tahitian over WG Noodles <u>Carrots</u> * Steamed Cabbage	Vegetarian Lentil Stew over Brown Rice Green Beans * w/Red Peppers * Winter Vegetables	Beef Stroganoff w/Egg Noodles * Cauliflower <u>Scandinavian Veg</u>	Oven Baked Fish w/Dill Sauce over Red Potatoes * Brussels Sprouts <u>Bean Medley</u>	Powdered Milk 1 loaf of Whole-Wheat Bread Assorted Fruits/Juices

Effective 1/1-3/31/23

KEY: \* indicates Vitamin C-rich food

     indicates Vitamin A rich food