

HIGH = Sodium > 1000 mg for entire meal

* = Vitamin C source

__ = Vitamin A source



= Sodium >400 mg for indicated item

All meals served with low-fat milk and fruit.

SENIOR NUTRITION PROGRAM 8-WEEK CYCLE FROZEN MENU					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1					
🌟 Creamy Mushroom Chicken (M,S,W) over Brown Rice * California Veg Whole Kernel Corn	Cheese Lasagna Roll Up w/Marinara (W, S, M, E) Green Beans * Winter Vegetables	Oven Baked Fish (F) w/Lemon Herb Sauce (W,M) over Brown Rice * Brussel Sprouts <u>Carrots</u>	Salisbury Steak (M,S,W) w/Gravy (M,S,W) * Garlic Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	Pork al Pastor Brown Spanish Rice * Broccoli <u>Mixed Vegetables</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 2					
Chicken Coconut Curry (M,S,W,T) over Brown Rice * Brussel Sprouts <u>Bean Medley</u>	Breaded Pollock (F,W) Scalloped Potatoes (S,M,W) * Fiesta Vegetables Green Beans	🌟 WG Spaghetti (W,S) & Meatballs (S,W,M) * Winter Vegetables <u>Carrots</u>	Pork Fajita Bowl Brown Rice * Broccoli Black Beans	Turkey Rice Bake (M,S,W) * Cauliflower <u>Scandinavian 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 3					
Fish Vera Cruz (F) * Mashed Potatoes (M) Capri Vegetables	🌟 Chicken Fajita (S) w/Peppers & Onion Brown Rice * California Vegetables	Sweet and Sour (S) Pork Brown Rice Green Beans * w/Red Pepper <u>Spinach</u>	Turkey Chili w/Beans * Cauliflower <u>Carrots</u>	Beef Pasta Bake (W,S,M) * Broccoli <u>Italian Vegetables</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 4					
🌟 Turkey Dinner w/Gravy (M,S,W) * Mashed Potatoes (M) <u>Sliced Carrots</u> Green Beans	Meatloaf w/Gravy (S,M,W) * Mashed Potatoes (M) <u>Italian Vegetables</u> Stewed Tomatoes	Chicken Pasta Bake (M,S,W,E) <u>Scandinavian Vegetables</u> * Broccoli	Oven Baked Fish (F) w/Creamy Florentine Sauce (M,S,W) * Brussels Sprouts Red Diced Potatoes	Pork Chile Verde over Brown Rice * Seasoned Cabbage <u>Bean Medley</u>	Powdered Milk (M) 1 loaf of Whole-Wheat Bread (W,S) Assorted Fruits/Juices
Effective 1/1-3/31/23					
KEY: * indicates Vitamin C-rich food					
__ indicates Vitamin A rich food					

Top 8 Allergens (Key): Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF)

Allergen Disclaimer: Our production kitchen uses the following products in meal preparation: tree nuts, 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.