

SENIOR NUTRITION PROGRAM 8-WEEK CYCLE FROZEN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1					
Chicken Cacciatore (M,S,W) w/WG Penne (W,S) * California Veg Whole Kernel Corn	Cheese Lasagna Roll Up w/Marinara Sauce (W, S, M, E) <u>Spinach</u> * Cauliflower	Oven Baked Fish (F) w/Lemon Herb Sauce (W,M) over Brown Rice * Brussels 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 over 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					
🍷 WG Spaghetti (W,S) & Meatballs (S,W,M) * Brussels Sprouts <u>Carrots</u>	Breaded Pollock (F,W) Scalloped Potatoes (S,M,W) * Fiesta Vegetables Green Beans	BBQ Chicken * Mashed Potatoes (M) Green Peas <u>Bean Medley</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) WG Garlic Pasta (W,S) Capri Vegetables	🍷 Chicken Fajita (S) w/Peppers & Onion Whole Wheat Tortilla (W) * California Vegetables Whole Kernel Corn	Sweet and Sour (S) Pork over Brown Rice * Asian Vegetables <u>Spinach</u>	Turkey Chili w/Beans * Cauliflower <u>Italian Vegetables</u>	Meatloaf w/Gravy (S,M,W) * Mashed Potatoes (M) <u>Mixed Vegetables</u> Stewed Tomatoes	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	Chicken Pasta Bake (M,S,W,E) <u>Scandinavian Vegetables</u> * Broccoli	Beef Ropa Vieja (W,S) * Cauliflower Mexicali Corn Brown Rice	Oven Baked Fish (F) w/Creamy Florentine Sauce (M,S,W) * Brussels Sprouts WG Pasta (W,S)	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 2 Oatmeal (W,S,M,E,T)

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.