

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 5					
Turkey Ziti (W,M,E) * Fiesta Vegetables Stewed Tomatoes	Pork Stir Fry (M,E,W,P,T,S,F,SF) over Brown Rice * Cauliflower <u>Scandinavian Vegetables</u>	Salmon Patty (F,E) w/Dill Sauce (S,W) over Brown Rice * Seasoned Cabbage <u>Mixed Vegetables</u>	Beef Parmesan (M,S,W) over WG Pasta (S,W) Marinara Italian Green Beans * Winter Vegetables	Chicken (S) w/Creole Sauce * Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	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	Sweet & Sour (S) Meatballs (S,W,M) over Brown Rice <u>Spinach</u> * Cauliflower	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 Wild Rice (S) * Fiesta Vegetables Green Beans	Turkey Meat Sauce w/WG Spaghetti (W,S) * Broccoli <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 7					
Chicken (S) w/Apple Chutney (S) <u>Yams</u> (S) * Winter Vegetables	Creamy Tuna (F,M,S,W) over WG Noodles (W,S) * Fiesta Vegetables Whole Kernel Corn	Pork Lo Mein (M,E,W,P,T,S,F,SF) <u>Mixed Vegetables</u> * Seasoned Cabbage	Turkey Pasta Bake (W,M,S,E) * Cauliflower <u>Carrots</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					
Pork Stew (W) over Brown Rice * Broccoli Whole Kernel Corn	Chicken Tahitian (M,E,W,P,T,S,F,SF) over WG Noodles (W,S) <u>Carrots</u> * Steamed Cabbage	Vegetarian Lentil Stew (W) over Brown Rice Green Beans * w/Red Pepper * Winter Vegetables	Beef Stroganoff (W,M,S) Egg Noodles (W,E) * Cauliflower <u>Scandinavian Vegetables</u>	Oven Baked Fish (F) w/Dill Sauce (S,W) over Red Potatoes * Brussels Sprouts <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.