






**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 1</b>					
 Creamy Mushroom Chicken over Brown Rice * California Veg Whole Kernel Corn	Cheesy Lasagna Roll-Up w/ Marinara Sauce Green Beans * Winter Vegetables	 Oven Baked Fish w/Lemon Herb Sauce over Brown Rice * Brussels Sprouts <u>Carrots</u>	Salisbury Steak w/Gravy * Garlic Mashed Potatoes <u>Italian Vegetables</u> Green Peas	Pork al Pastor Brown Spanish Rice * Broccoli <u>Mixed Vegetables</u>	1/2-gallon Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 2</b>					
Chicken Coconut Curry over Brown Rice * Brussels Sprouts <u>Bean Medley</u>	Breaded Pollock Scalloped Potatoes * Fiesta Vegetables Green Beans	 WG Spaghetti & Meatballs * Winter Vegetables <u>Carrots</u>	Pork Fajita Bowl w/Brown Rice * Broccoli Black Beans	Turkey Rice Bake * Cauliflower <u>Scandinavian Vegetables</u>	Powdered Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 3</b>					
Fish Vera Cruz * Mashed Potatoes Capri Vegetables	 Chicken Fajita w/Peppers & Onion Brown Rice * California Vegetables	Sweet & Sour Pork Brown Rice Green Beans * w/Red Peppers <u>Spinach</u>	Turkey Chili w/Beans * Cauliflower <u>Carrots</u>	Beef Pasta Bake * Broccoli <u>Italian Vegetables</u>	1/2-gallon Milk 2 Oatmeal, 2 WG Cereal, 1 Graham Crax Assorted Fruits/Juices
<b>WEEK 4</b>					
 Turkey Dinner w/Gravy * Mashed Potatoes <u>Sliced Carrots</u> Green Beans	Meatloaf w/Gravy * Mashed Potatoes <u>Italian Vegetables</u> Stewed Tomatoes	Chicken Pasta Bake <u>Scandinavian Vegetables</u> * Broccoli	Oven Baked Fish w/Creamy Florentine Sauce * Brussels Sprouts Diced Red Potatoes	Pork Chile Verde over Brown Rice * Seasoned Cabbage <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