Senior Nutrition Program

Clinton and Scott Counties

Noon Meal Menu – June 2018

Milestones AREA AGENCY ON AGING

For individuals age 60+ and their spouse of any age, there is a suggested contribution based on income range. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible. *Participants are responsible to comply with their own dietary restrictions.*

Monday	Tuesday	Wednesday	Thursday	Friday
Menus Are Subject to Change **½ Pint milk will be served each day**				1) 3 Oz Turkey W/ Gravy **½** C Mashed Potatoes (1) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3) 4 Oz Orange Juice (1)
4) 3 Oz Chicken Breast 1 C Popeye's Favorite Spinach Salad 1 Baked Potato (1) 1 Pc Fruit of the Forest Pie (2.5) ½ C Pineapple (1)	5) 1 C Beef Stew (2) (3 Oz Beef,1/2 C Potatoes) ½ C Carrots ½ C Apricots (1) 1 C Yogurt (1) 4 Oz Orange Juice (1)	6) **Happy Birthday** ¼ Oven Baked Chicken ½ C Mashed Potatoes (1) w/Gravy ½ C Brussel Sprouts (1) 4 Oz Ice Cream (1) 1 Small Cupcake (2) 8 Oz Orange Juice (2)	7) 3 Oz Open Face Hot Turkey Sandwich W/ Gravy on Wheat Bread (1) ½ C Mashed Potatoes (1) ½ Green Bean Almondine 1 Banana (1) 4 Oz Orange Juice (1)	8) 1 C Goulash (2) (3 Oz Meat, ½ C Noodles) 1 C Big Bowl of Tuscan Greens 1 Sugar Cookie (1) 4 Oz Grape Juice (1)
11) 3 Oz Pork Chop W/Gravy ½ C Mashed Potatoes (1) ½ C Harvest Cream Corn & Bacon (1) ½ C Tropical Fruit (1) 1 Banana (1)	12) 1 Stuffed Green Pepper (1) (3 Oz Beef, ½ C Rice) ½ C Butter Beans (1) ½ C Cantaloupe (1) 1 Pc Cherry Pie (3.5) 4 Oz Vanilla Ice Cream (1	13) 3 Oz Brat with Sauerkraut on Wheat Bun (2) W/ Ketchup &Mustard ½ C Northern Beans & Leeks (1) 1 C Watermelon	14) 1 C Spaghetti W/Meat Sauce (1) (3 Oz Meat, ½ C Noodles) 1 C Big Bowl of Tuscan Greens 1 Breadstick (1) 1/2 C Fresh Fruit Cup (1) 1 C Yogurt (1)	15) 3 Oz Swiss Steak ½ C Hash Brown Casserole (1) **½** C Green Beans 1 C Grapes 4 Oz Orange Juice (1)
18) 3 Oz Turkey W/ Gravy **½** C Mashed Potatoes (1) ½ C Green Beans ½ C Cranberry Star Salad (1) 1 Pc Pumpkin Pie (3) 4 Oz Orange Juice (1)	19) **Back by Popular Request** 1 C Potato Soup (N/A) 1 Deli Sandwich (1.25 Oz ham, 1.25 Oz turkey, .5 Oz cheese) on Bun W/ Mayo (N/A) ½ C Cottage Cheese (.5) ½ C Peaches (1)	20) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes W/Gravy (1) ½ C Mixed Vegetables ½ C Pineapple (1) 4 Oz Orange Juice (1)	21) 3 Oz Liver & Onions Or **3** Oz Honey Mustard Chicken **½ C** Red Roasted Potatoes (1) ½ C Lima Beans (1) 1 C Fresh Strawberries (1) 1 C Yogurt (1) 4 Oz Orange Juice (1)	22) 3 Oz Roast Beef W/Gravy ½ C Mashed Potatoes (1) ½ C Broccoli-Bacon Salad 3 Vanilla Wafers (1) **½ C** Honey Dew
25) 3 Oz Pot Roast with Onions ½ C Pot Roast Potatoes (1) 1 C Pot Roast Vegetables ½ C Apricots (1) **½** C Yogurt (.5**)**	26) 3 Oz Tuna on Whole Grain Bread (2) 1 C Strawberry Spinach Salad (1) 1 Pc Blueberry Pie (3.5) 1 Banana (1)	27) Hamburger Patty on Wheat Bun (2) 1/3 C Italian Vegetable Pasta Salad 1 C Carrots (1) 1 Pc Banana Pudding Square (2)	28) 3 Oz Salisbury Steak W/Gravy ½ C Mashed Potatoes (1) ½ C Red Bean Beach Salad (1) 1 Peach (1) 1 C Yogurt (1)	29) 3 Oz Andy's Meatloaf ½ C Mashed Potatoes (1) W/ Gravy ½ C French Style Green Beans **½** C Tropical Fruit (1) 4 Oz Orange Juice (1)
Nutritionals: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+. Carbohydrate counting is based on carbohydrate choices (CHO) or grams per meal. One carbohydrate choice (1) is approximately 15 grams of carbohydrates. Carbohydrate choices provide guidance on maintaining a consistent carbohydrate diet.	= meal above 800 mg of sodium. = CHOICE DAY (N/A) = carbohydrate choices are not available as menu was created for theme days, cook's choice or popular request.	Buffalo 381-4594 Cumberland House 332-9339 Edgewater on Third 484-3108 Eldridge 285-8415 CASI 386-7477 Luther Crest 388-8543 Luther Knoll 449-8318 Luther Manor 332-9407	Milestones (long distance) 1-855-410-6222 New Hope 391-0236 Spring Village 344-9463 Spruce Hills 484-3108 Camanche 559-2273 DeWitt 210-1712 Park Tower 242-4222	Please call for required reservations 2 days in advance Home Delivered Meal Cancellations or Questions: **Milestones 563-484-3108**