



## Senior Nutrition Program Clinton and Scott Counties

**Noon Meal Menu – January 2018**

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   |
|--|--|---|--|--|
| 1) <b>Happy New Year</b><br><br>All Nutrition Centers Closed<br><br>No Home Deliveries   | 2)<br><br>All Nutrition Centers Closed<br><br>No Home Deliveries   | 3)<br>3 Oz Chicken and Noodle Casserole (2)<br>½ C Stewed Tomatoes W/ Croutons<br>½ C Pears (1)<br>8 Oz. Orange Juice (2)   | 4) <b>Back by Popular Request</b><br>1 C Potato Soup (N/A)<br>1 Deli Sandwich (1.25 Oz ham, 1.25 Oz turkey, .5 Oz cheese) on Bun W/ Mayo (N/A)<br>½ C Cottage Cheese (.5)<br>½ C Peaches (1) | 5)<br>3 Oz Honey Thyme Pork Loin w/ Gravy<br>½ C Mashed Potatoes (1)<br>1 C Big Bowl of Tuscan Greens<br>½ C Apricots (1)<br>8 Oz Orange Juice (2)     |
| 8)<br>4 Oz Taco Bake<br>½ C Brown Rice (1)<br>¼ C Salsa<br>¼ C Tomato/Lettuce Mix<br>½ C Black Beans (1)<br>1 Tortilla (1)<br>1 Chocolate Chip Cookie (1)<br>4 Oz. Orange Juice (1)  | 9)<br>1 C Beef Stew (2)<br>(3 Oz Beef, 1/2 C Potatoes)<br>½ C Carrots<br>1 Biscuit (1)<br>½ C Apricots (1)<br>4 Oz Orange Juice (1)  | 10) <b>Happy Birthday</b><br>¼ Oven Baked Chicken<br>½ C Mashed Potatoes (1) w/Gravy<br>½ C Peas with Pearl Onions (1)<br>4 Oz Ice Cream (1)<br>8 Oz. Orange Juice (2)<br>1 Small Cupcake (2) | 11)<br>1 C Goulash (2)<br>(3 Oz Meat, ½ C Noodles)<br>1 C Big Bowl of Tuscan Greens<br>1 Sugar Cookie (1)<br>4 Oz Grape Juice (1)  | 12)<br>3 Oz Chicken Breast<br>1 C Popeye's Favorite Spinach Salad<br>1 Baked Potato (1)<br>1 Pc Fruit of the Forest Pie (2.5)<br>½ C Pineapple (1)     |
| 15)<br>4 Oz Tilapia w/ Onions and Peppers<br>¾ C California Blend<br>1 C Apples & Apricots Salad (2)<br>1 Breadstick (1)<br>4 Oz Orange Juice (1)  | 16)<br>3 Oz Andy's Meatloaf<br>½ C Mashed Potatoes w/Gravy (1)<br>½ C Mixed Vegetables<br>½ C Pineapple (1)<br>4 Oz. Orange Juice (1)  | 17)<br>3 Oz Liver & Onions Or<br>3 Oz Roast Beef w/Gravy<br>½ C Mashed Potatoes (1)<br>½ C Lima Beans (1)<br>1 C Fresh Strawberries (1)<br>1 C Yogurt (2)                                     | 18)<br>3 Oz Turkey w/ Gravy<br>½ C Red New Potatoes (1)<br>½ C Green Beans<br>½ C Cranberry Star Salad (1)<br>1 Pc Pumpkin Pie (3)<br>4 Oz Orange Juice (1)                                  | 19)<br>3 Oz Roast Beef w/Gravy<br>½ C Mashed Potatoes (1)<br>½ C Broccoli-Bacon Salad<br>1 C Pears (2)<br>3 Sugar Wafers (1)<br>4 Oz. Orange Juice (1) |
| 22)<br>3 Oz Swiss Steak<br>½ C Hash Brown Casserole (1)<br>½ C Carrots<br>1C Apricots (2)<br>4 Oz Orange Juice (1)   | 23)<br>1 C Spaghetti w/Meat Sauce (1)<br>(3 Oz Meat, ½ C Noodles)<br>1 C Big Bowl of Tuscan Greens<br>1 Breadstick (1)<br>1/2 C Fresh Fruit Cup (1)<br>8 Oz Yogurt (2)   | 24)<br>1 Stuffed Green Pepper (1)<br>(3 Oz Beef, ½ C Rice)<br>½ C Butter Beans (1)<br>½ C Cantaloupe (1)<br>1 Pc Cherry Pie (3.5)<br>4 Oz Vanilla Ice Cream (1)                               | 25)<br>1 C Tater Tot Casserole (2)<br>(3 Oz Beef & ½ C Potatoes)<br>¾ C Broccoli Mandarin Orange Salad (1)<br>1 Pc Wheat Bread (1)<br>½ C Cherry Jello (1)<br>½ C Pineapple (1)              | 26)<br>3 Oz Pork Chop w/Gravy<br>½ C Mashed Potatoes (1)<br>½ C Harvest Cream Corn & Bacon (1)<br>½ C Tropical Fruit (1)<br>1 Banana (1)               |
| 29)<br>3 Oz Pot Roast with Onions<br>½ C Pot Roast Potatoes (1)<br>1 C Pot Roast Vegetables<br>½ C Yogurt (.5)<br>½ C Apricots (1)<br>4 Oz Orange Juice (1)  | 30)<br>3 Oz Savory Mushroom Chicken Breast<br>½ C Confetti Wild Rice (1)<br>¾ C Orange Almond Salad (1)<br>½ C Asparagus<br>½ C Strawberry Applesauce (1)  | 31)<br>3 Oz Andy's Meatloaf<br>½ C Mashed Potatoes w/ Gravy (1)<br>½ C French Style Green Beans<br>½ C Apricots (1)<br>4 Oz Orange Juice (1)  |  |  |
| <b>Nutritionals:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 70+.<br><u>Carbohydrate counting</u> 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. | <b>Menus Are Subject to Change</b><br><b>½ Pint milk will be served each day</b><br>= meal above 800 mg of sodium.<br><br>= CHOICE DAY<br><br>(N/A) = carbohydrate choices are not available as menu was created for theme days, cook's choice or popular request. | Buffalo 381-4594<br>Cumberland House 332-9339<br>Edgewater on Third 484-3108<br>Eldridge 285-8415<br>CASI 386-7477<br>Luther Crest 388-8543<br>Luther Knoll 449-8318<br>Luther Manor 332-9407 | Milestones (long distance)<br>1-855-410-6222<br>New Hope 391-0236<br>Spring Village 344-9463<br>Spruce Hills 484-3108<br>Camanche 559-2273<br>DeWitt 210-1712<br>Park Tower 242-4222         | Please call for required reservations 2 days in advance<br><br>Home Delivered Meal Cancellations or Questions:<br><b>Milestones 563-484-3108</b>       |

