



August 2022 Seniors' CHOICE menu

	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
BOX					
LUNCH	BBQ Beef - 9051 <i>(ch b) grilled chicken brst ch7026</i> Peas & Onions Peaches w/ Oat Topping Cole Slaw Bun Diet: same	Chicken Alfredo over Spaghetti - 9065 <i>(ch b) salmon croquette ch7050</i> Broccoli Carrots Baked Cinnamon Apples 2 <i>Wheat Bread / Margarine (ch b only)</i> Diet: same	Hawaiian Pineapple Ham - 9094 <i>(ch b) pineapple topped chicken ch7013</i> Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Grape Juice 100% Diet: same	Chicken Salad Sandwich on Wheat - 9047 <i>(ch b) ham salad sandwich on wheat ch7057</i> Mustard Potato Salad Three Bean Salad Pears Diet: same	Steak Hoagie w/ Gravy - 9302 <i>(ch b) pork cutlet w/ gravy ch7034</i> Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same
WEEK 6					
BOX	8	9	10	11	12
LUNCH	Turkey Tetrazzini - 9036 w/ Peas and Mushrooms <i>(ch b) veggie tetrazzini ch7056</i> <i>(not a vegetarian meal)</i> Brussel Sprouts Baked Cinnamon Apples Diet: same	Summer Salad - 9070 w/ diced Eggs, Shredded Cheese, Grape Tomatoes, Broccoli Floret Ranch Dressing <i>(ch b) beef & noodles w/gravy green beans, diced carrots ch7052</i> Mandarin Oranges Dinner Roll / Margarine Animal Crackers Diet: same	Salisbury Steak w/Gravy - 9029 <i>(ch b) chicken tenders ch7009</i> Whipped Sweet Potatoes Mixed Vegetables Wheat Bread (2 slices) Margarine Fruit Cocktail Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce <i>(ch b) chicken tenders ch7009</i> Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Pineapple Tidbits Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan <i>(ch b) turkey tetrazzini ch7062</i> Italian Vegetables Spinach / Vinegar Orange Juice 100% Diet: same
WEEK 7					
BOX	15	16	17	18	19
LUNCH	Smoked Turkey Sausage w/ Sauerkraut - 9055 <i>(ch b) meatloaf w/ gravy ch7016</i> Cheesy Mashed Potatoes Green Beans Rye Bread Fruit Cocktail Mustard / Ketchup Diet: same	Fish Sticks w/ Tartar Sauce - 9028 <i>(ch b) macaroni & cheese ch7065</i> Peas Potato Wedges Wheat Bread (2 slices) Margarine Applesauce Diet: same	Turkey Sandwich on Wheat - 9032 <i>(ch b) ham sandwich on wheat ch7044</i> Potato Salad Coleslaw Peaches Mayo (for turkey only) Mustard (for ham only) Diet: same	Chicken & Potato Casserole - 9315 <i>(ch b) roast beef & gravy ch7025</i> Broccoli (2 servings) Wheat Bread (2 slices) Margarine Prune Juice 100% Diet: same	Happy August Birthday Swedish Meatballs - 9053 <i>(ch b) chicken & gravy ch7037</i> Egg Noodles Broccoli Carrots Fruit Punch 100% Chocolate Chip Cookie Diet: same
WEEK 1					
BOX	22	23	24	25	26
LUNCH	Cinci-Style Chili - 9112 <i>(ch b) chicken alfredo ch7067</i> w/ Spaghetti Kidney Beans Broccoli Cinnamon Applesauce Cheddar Cheese Oyster Crackers Diet: same	turkey Ham & Beans - 9062 <i>(ch b) chicken stew ch7022</i> Mixed Vegetables (2 servings) Cornbread Dinner Roll / Margarine Peas Diet: same	Ham Sandwich on White - 9125 <i>(ch b) roast beef sandwich on white ch7031</i> 3 Bean Salad Potato Salad Mandarin Oranges Mustard (for ham only) Horseradish (for roast beef only) Diet: same	Pork Cutlet w/Gravy - 9003 <i>(ch b) chicken w/gravy ch7008</i> Green Beans Beets Wheat Bread (2 slices) Margarine Grape Juice 100% Diet: same	Baked Chicken w/ Gravy - 9075 <i>(ch b) roast turkey w/gravy ch7003</i> Herb Dressing Broccoli Cauliflower Wheat Bread / Margarine Pineapple-Orange Juice 100% Diet: same
WEEK 2					
BOX	29	30	31		
LUNCH	Hamburger - 9071 <i>(ch b) sliced deli ham ch7005</i> w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Cheese Lasagna - 9316 w/ Marinara <i>(ch b) beef & noodles w/ gravy ch7052</i> Green Beans Carrots Cinnamon Teddy Grahams Mandarin Oranges Diet: same	Meatloaf w/ Gravy - 9072 <i>(ch b) roast turkey w/ gravy ch7003</i> Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Strawberry Applesauce Diet: same		 Complete meal consists of at least: 2 oz. Protein, 1 cup of Vegetables, 1/2 cup of Fruit or Juice, 2 servings of Grains, and 8 oz. Milk (1/2 pint)
WEEK 3					

