




## Senior Nutrition Program      Noon Meal Menu –May 2026

**Serving all 17 counties. Subject to change.** *Participants are responsible to comply with their own dietary restrictions.*

For individuals age 60+ and their spouse of any age, there is a suggested contribution of \$5. Individuals younger than 60 must pay the full meal charge as posted at the Nutrition Center unless otherwise eligible.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Menus Are Subject to Change</b>  <b>Nutritional's:</b> Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.  <b>Carbohydrate Education</b> information available upon request.            All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, &amp; 1 slice of margarine.</p>		<p><b>Reservations/Cancelations</b>  <b>Clark House 563-260-9921</b>  <b>Columbus Jct. 319-728-3148</b>  <b>Musca. Towers 563-260-9921</b>  <b>Muscatine / Wilton HDM 563-260-9921</b>  <b>Fruitland 563-260-9921</b></p>		<p>1)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>
<p>4)            3 oz BBQ Pulled Pork            1 Wheat Bun            ½ c Baked Beans            ½ c Mixed Veggies            ½ Cole Slaw            ½ c Mandarin Oranges</p>	<p>5)            3oz Farmer's Meatloaf            ½ c Whipped Potatoes w/gravy            ½ c Corn            2 sl. Wheat Bread            1 Sugar Cookie</p>	<p>6)            4oz Salisbury Steak            ½ c Whipped Potatoes w/gravy            ½ c Glazed Carrots            2 sl. Wheat Bread            ½ c Cinnamon Baked Apples</p>	<p>7) <b>Mother's Day Meal</b>            3 oz Roast Beef w/gravy            ½ c Sour Cream Chive Mashed Potatoes            ½ c Glazed Carrots            1 c Tossed Salad w/dressing            1 pc Angel Food Cake w/strawberries            1 Wheat Dinner Roll</p>	<p>8)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>
<p>11)            3oz BBQ Chicken            1 Wheat Bun            ½ c Oven Roasted Herbed Red Potatoes            ½ c Corn            ½ c Coleslaw            ½ c Tropical Fruit</p>	<p>12)            Open Faced Roast Beef Sandwich            1/2 c Whipped Potatoes w/gravy            1/2 c Peas &amp; Carrots            2 sl. Wheat Bread            ½ c Peach Cobbler</p>	<p>13)            3oz Smothered Pork Chop            ½ c Sage Dressing w/gravy            ½ c California Veggies            ½ c Fruit Cup            1 sl. Wheat Bread</p>	<p>14)            4 oz Chicken Alfredo            ½ c Penne            1 c Mixed Green Salad (tomato &amp; cucumber) w/Italian Dressing            ½ c Charred Broccoli            1 Parmesan Breadstick            ½ c Pineapple</p>	<p>15)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>
<p>18)            3oz Braised Beef Pot Roast w/gravy            ½ c Whipped Potatoes w/gravy            ½ c Herb Carrots            ½ c Applesauce            2 sl. Wheat Bread</p>	<p>19)            ½ c Rustic Penne Marinara            3 Italian Meatballs w/sauce            ½ c Broccoli            ½ c Fruit            1 sl. Wheat Bread            1 Oatmeal Raisin Cookie</p>	<p>20)            3oz Mediterranean Rotisserie Turkey w/ gravy            ½ c Roasted Cinnamon Sweet Potatoes            ½ c Peas &amp; Caramelized Red Onion            ½ c Fruit Cup            2 Wheat Dinner Rolls</p>	<p>21) <b>Memorial Day Meal</b>            3 oz Loose Meat Sandwich            1 Wheat Bun            ½ c Potato Salad            ½ c Baked Beans            ½ c Fruit            1 Cookie</p>	<p>22)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>
<p>25)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>	<p>26)            8oz Chicken Pot Pie (no crust)            ½ c Green Beans            ½ c Pineapple            2 Wheat Dinner Roll            1 Sl. Angel Food Cake</p>	<p>27)            3oz Swiss Steak            ½ c Whipped Potatoes w/gravy            ½ c Corn            2 sl. Wheat Bread            ½ c Chocolate Pudding</p>	<p>28)            4 oz Chicken Cacciatore            4 oz Penne            ½ c California Veggies            ½ c Fruit            1 sl. Pound Cake            1 sl. Wheat Bread</p>	<p>29)  <b>All Nutrition Centers in this menu area will be closed.</b>  <b>Contact your local nutrition center for options</b></p>

Please Call for required reservations 1-2 days in advance. **Muscatine Office: 563-260-9921**