





Senior Nutrition Program Noon Meal Menu –May 2024

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>Carbohydrate Education information available upon request. All meals served with; 8 oz. milk, 1 whole wheat sl. bread unless other bread item noted, & 1 slice of margarine.</p>	<p>Menus Are Subject to Change Nutritional's: Menus provide 1/3 of the current Dietary Reference Intakes for individuals ages 60+.</p> <p>*Dine-In Choices not available in all areas. **For Cooks Reference.</p>	<p>1) Cheese Pizza 1/2 C Roasted Zucchini 1/2 C Ambrosia WW Garlic Stick</p>	<p>2) 3 oz Baked Chicken 1/2 C Creamy Noodles 1/2 C Seasoned Spinach 3/4 C Fruit Wheat Roll</p>	<p>3) 3 oz Baked Ham 1/2 C California Blend Vegetables 1/2 C Scalloped Pineapple Cornbread Muffin</p>
<p>6) 3 oz Meatloaf 1/2 C Mashed Potatoes 2 oz Gravy 1/2 C Broccoli w/ Cheese Sauce 1/2 C Cinnamon Apple Slices Garlic Wheat Roll</p>	<p>7) Cook's Choice With Dessert</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Nutritionals not available</p>	<p>8) BBQ Baked Chicken 1/2 C Sweet Potatoes 1/2 C Green Peas 1/2 C Fruited Pudding Garlic French Bread</p>	<p>9) 3 oz Pulled Pork on WW Bun 1/2 C Baked Beans 1 C Tossed Salad 1 T Dressing 2/3 C Fruited Gelatin</p>	<p>10) 1 C Turkey & Rice Casserole 1/2 C Braised Cabbage 1 C Spinach Salad 1/2 C Tropical Fruit Wheat Roll</p>
<p>13) 3 oz Roast Turkey 2 oz Gravy 1/2 C Sweet Potatoes 1/2 C Green Beans w/ Onions Lemon Bar Wheat Roll</p>	<p>14) 3 oz Beef Patty w/ Cooked Onions 1/2 C Mashed Potatoes 1/2 C Baked Spinach Casserole 1/2 C Cinnamon Baked Apples Garlic Wheat Roll</p>	<p>5) 3/4 C Chicken Pasta Salad 1/2 C Corn Salad 3/4 C Sliced Cucumbers 3/4 C Seasonal Fruit 6 Wheat Crackers</p>	<p>16) 1 C Beef & Noodles 1/2 C Mashed Potatoes 1 C Chopped Green Salad 2T Dressing Mandarin Orange Cake</p>	<p>17) Panko Crusted Fish 1/2 C Steamed Rice 1/2 C Broccoli w/ Cheese Sauce 3/4 C Raspberry Gelatin w/ Peaches WW Bread</p>
<p>20) 3 oz Turkey & Cheese on Wheat w/ Lettuce & Tomato 1/2 C Three Bean Salad 1 C Spinach Salad 3/4 C Fruited Gelatin</p>	<p>21) 1 C Chicken & Noodles 1/2 C Four Way Mixed Vegetables 1/2 C Mandarin Oranges WW Bread</p>	<p>22) 3 oz. Baked Ham 1/2 C Scalloped Potatoes 1/2 C Broccoli Cauliflower Blend 1/2 C Pineapple Tidbits Wheat Roll</p>	<p>23) 4 1 oz. Swedish Meatballs 1/2 C Whole Wheat Noodles 1/2 C Italian Vegetables 1/2 C Tropical Fruit Oatmeal Raisin Cookie Wheat Roll</p>	<p>24) Memorial Day Meal Cheeseburger on Wheat Bun w/ Lettuce/Tomato/Pickle 1/2 C Baked Beans 1/2 C Potato Salad Chocolate Cake</p>
<p>27) Memorial Day</p> <p>All Nutrition Centers in this menu area will be closed. Contact your local nutrition center for options</p>	<p>28) Cook's Choice With Dessert</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Nutritionals not available</p>	<p>29) 6 oz Spaghetti w/ Meat Sauce 1/2 C Italian Blend Vegetables 3/4 C Lime Gelatin w/ Pears Garlic Wheat Roll</p>	<p>30) 3/4 C Ham & Potato Au Gratin 1/2 C Green Beans w/ Onions Cake w/ Fruit Cornbread Muffin</p>	<p>31) 1 C Cheese Tortellini in Red Sauce 1/2 C California Blend Vegetables 1/2 C Tropical Fruit Wheat Roll</p>

Please Call for required reservations 1-2 days in advance.