

Senior Nutrition Spring /Summer Cycle Menu
Beginning 4/1/16

Week 1

Friday, April 1, 2016- Friday, September 30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	4/25; 5/23; 6/20; 7/18; 8/15; 9/12	4/26; 5/24; 6/21; 7/19; 8/16; 9/13	4/27; 5/25; 6/22; 7/20; 8/17; 9/14	4/28; 5/26; 6/23; 7/21; 8/18; 9/15	4/1 (start); 4/29; 5/27; 6/24; 7/22; 8/19; 9/16
Main Entrée Protein Source 2 oz	BBQ Riblets	Fish, Baked Tilapia w/ lemon pepper sauce	Salisbury steak, 3 oz with Gravy	Chicken Breast (3 oz) with Gravy	Tuna Salad (1/2 c) on lettuce bed
Vegetables and Fruits 2 servings	Coleslaw, ½ c	Green Beans, ½ c	Peas, ½ c	Broccoli & Rice Casserole (1/2 Broccoli)	Three Bean Salad, ½ c
½ c cooked= 1 Serving 1 cup raw = 1 serving	Peaches, ½ c	Pineapple Chunks, ½ c	Orange Juice, 6 oz	Fresh Fruit	Orange Juice, 6 oz
Bread and Complex Carbohydrates 2 Servings	Succotash, ½ c	Rice, ½ c	Mashed potatoes, ½ c	Broccoli & Rice Casserole (1/2 Rice)	Macaroni salad, ½ c
	Roll	Corn Bread	Yeast Roll, 1	Whole Wheat bread, 1 slice	Crackers, 6
Fat	1 Pat Margarine		Brown Gravy 2T	Poultry Gravy, 2T	
Dessert		Peach Cobbler, 1/2c	Sugar Cookies, 2	Chocolate Cake	Chocolate Chip Cookies (2)
Milk (8 Ounces)	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Miscellaneous			1 Pat Margarine	1 Pat Margarine	
Calories	762	849	740	856	770
Fat Percent (%)	20.8	26.9	28.5	27.4	30
Sodium (mg)	1174	454	919	1039	870
Calcium (mg)	487	437	406	652	418
Protein (g)	35	39	37.2	51	34
Carbs (g)	125	119	95.6	108	101
Vitamin C Food Source			Orange Juice	Broccoli	Orange Juice
Dietitian: Leslie Ott MS, RDN, LDN <i>Leslie R. Ott MS, RDN, LDN</i>			Approved By: <i>[Signature]</i> 3/22/16		

Senior Nutrition Spring /Summer Cycle Menu
Beginning 4/1/16

Week 2

Wednesday, April 1, 2016- Wednesday, September 30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	4/4; 5/2; 5/30; 6/27; 7/25; 8/22; 9/19	4/5; 5/3; 5/31; 6/28; 7/26; 8/23; 9/20	4/6; 5/4; 6/1; 6/29; 7/27; 8/24; 9/21	4/7, 5/5; 6/2; 6/30; 7/28; 8/25; 9/22	4/8, 5/6; 6/3; 7/1; 7/29; 8/26; 9/23
Main Entrée Protein Source 2 oz	Turkey and Ham Club with low sodium meat and cheese on sub/hoagie roll	Barbequed Chicken Leg Quarter, 3 oz	Tomato based meat sauce (½ c/ 2 oz beef) with pasta (rotini) (½ c)	Chef salad with Ham(1.5 oz) and Turkey (1.5 oz) with cheese (1 oz)(Low sodium)	Smoked Sausage/ Hotdog on bun
Vegetables and Fruits 2 servings ½ c cooked= 1 Serving 1 cup raw = 1 serving	Tossed Salad, 1c (w/ dressing)	Fresh Fruit	Carrots, ½ c	(salad)	Coleslaw, ½ c
	Fruit Cocktail, ½ c	Peas, ½ c	Pears, ½ c	Orange Juice, 6 oz	Orange juice, 6 oz
Bread and Complex Carbohydrates 2 Servings	(Sub roll)	Macaroni and Cheese, ½ c	Garlic Bread, 1 slice	Crackers, 6	Low Sodium Baked Beans, ½ c
	(Sub Roll)	Corn Muffin	(Pasta, ½ c)	Potato Salad, ½ c	(Bun)
Fat				Low Fat Dressing	
Dessert	Spice Cake		Pudding, ½ c	Butter Cookie	Choc Chip Cookie(1-2)
Milk (8 Ounces)	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Miscellaneous	Mustard/ LF Dressing			Low Fat Dressing	Mustard, Ketchup, Relish
Calories	818	904	775	736	822
Fat Percent (%)	30	28.5	30	27.3	27.4
Sodium (mg)	1165	1270	1235	1096	1023
Calcium (mg)	690	883	466	579	457
Protein (g)	38	59.9	36.2	42.3	28.1
Carbs (g)	107.6	99	103	90	110
Vitamin C Food Source				Orange Juice	Orange Juice
Dietitian: Leslie Otts MS, RDN,LDN <i>Leslie R. Otts MS, RDN, LDN</i>			Approved By: <i>[Signature]</i> 3/22/16		

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Week 3

Wednesday, April 1, 2016- Wednesday, September 30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	4/11; 5/9; 6/6; 7/4; 8/1; 8/29; 9/26	4/12; 5/10; 6/7; 7/5; 8/2; 8/30; 9/27	4/13; 5/11; 6/8; 7/6; 8/3; 8/31; 9/1; 9/28	4/14; 5/12; 6/9; 7/7; 8/4; 9/2; 9/29	4/15; 5/13; 6/10; 7/8; 8/5; 9/3; 9/30 (end)
Main Entrée Protein Source 2 oz	Chicken (2 oz) Fettuccini (1/2c) Alfredo	Meat Loaf (3 oz) with red sauce	Minced BBQ (4 oz) Sandwich on Kaiser Roll/Bun	Tuna Salad, ½ c On Lettuce Bed	Sliced Ham (2 oz)
Vegetables and Fruits 2 servings ½ c cooked= 1 Serving 1 cup raw = 1 serving	Salad, Tossed, 1 c Orange Juice, 6 oz	Lima Beans, ½ c Fresh Fruit	Coleslaw, ½ c Fresh Fruit	Cucumber and Tomato Salad, ½ c Peaches, ½ c	Cabbage, ½ c Pineapple Juice, 6 oz
Bread and Complex Carbohydrates 2 Servings	Garlic Bread, 1 Fettuccini Noodles, ½ c	Cheesy Potatoes Au Gratin, ½ c Dinner Roll, 1	(Bun) Buttered Potatoes, ½ c	Macaroni Salad, ½ c Crackers, 6	Red Potatoes, ½ c Cornbread
Fat	Low Fat Dressing	1 Pat Margarine			Margarine, low fat
Dessert		Brownie		Pudding w/ whipped topping	Chocolate Cake
Milk (8 Ounces)	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Miscellaneous					Vinegar
Calories	770	962	704	701	801
Fat Percent (%)	25.1	27.9	24.5	24.1	27.2
Sodium (mg)	1107	1061	1034	918	1117
Calcium (mg)	535	693	452	487	502
Protein (g)	45.3	48	37	34	29
Carbs (g)	104	132	95	100	119
Vitamin C Food Source	Orange Juice (56 mg)				Pineapple Juice (82mg)and Red Potatoes (52mg)
Dietitian: Leslie Otts MS, RDN,LDN	Leslie R. Otts MS, RDN, LDN		Approved By: 	3/22/16	

Senior Nutrition Spring /Summer Cycle Menu
Beginning 4/1/16

Week 4

Wednesday, April 1, 2016- Wednesday, September 30, 2016

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	4/18; 5/16; 6/13; 7/11; 8/8; 9/5	4/19; 5/17; 6/14; 7/12; 8/9; 9/6	4/20; 5/18; 6/15; 7/13; 8/10; 9/7	4/21; 5/19; 6/16; 7/14; 8/11; 9/8	4/22; 5/20; 6/17; 7/15; 8/12; 9/9
Main Entrée Protein Source 2 oz	Cheeseburger (2 oz beef) on Bun	Pork Roast (2 oz)with Gravy	Baked Chicken Breast (3 oz)	Spaghetti with meat sauce (2 oz meat) and Parmesan Cheese (1T)	Chicken salad, ½ c on Lettuce bed
Vegetables and Fruits 2 servings ½ c cooked= 1 Serving 1 cup raw = 1 serving	Tossed Salad, 1 c	Green Beans, ½ c	Peas, ½ c	Tossed Salad, 1 c	Pickled Beets, ½ c
	Orange Juice, 6 oz	Fresh Fruit	Applesauce, ½ c	Fresh Fruit	Orange Juice, 6 oz
Bread and Complex Carbohydrates 2 Servings	(Bun)	White Rice, ½ c	Sweet Potatoes, ½ c	Bread Stick, 1	Pasta Salad, ½ c
		Whole Wheat Bread, 1 slice	Dinner Roll	(Pasta, ½ c)	Crackers, 6
Fat	Low fat Dressing,	1 Pat Margarine	Margarine, low fat	Parmesan Cheese 1T	
Dessert	Cake	Brownie		Pudding	Applesauce cake
Milk (8 Ounces)	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Miscellaneous	Ketchup, Mustard, Lettuce			(Parmesan Cheese)	
Calories	758	834	723	705	870
Fat Percent (%)	29.1	29.5	23.4	26.2	29.5
Sodium (mg)	1087	1217	637	957	1083
Calcium (mg)	575	430	407	518	477
Protein (g)	37	38.3	43.5	37.5	36.5
Carbs (g)	101	114	98	95	119
Vitamin C Food Source	Orange Juice				Orange Juice
Dietitian: Leslie Otts MS, RDN,LDN <i>Leslie R. Otts MS, RDN, LDN</i>			Approved By: <i>[Signature]</i> 3/22/16		