

SEPTEMBER 2010 - TITLE III OLDER AMERICANS ACT FOOD PROGRAM

For those over 60 years of age, the full cost to provide a Senior Meal is \$6.75. Please contribute what you can.

Suggested donation is \$4.00 meal (\$6.75 REQUIRED for ages under 60)

Monday		Tuesday		Wednesday	1	Thursday	2	Friday	3
Note: Entrée Choices at the Senior Center ONLY		NOTE: Meals served 11:45-12:15 at the GF Senior Center Check individual sites for their serving times.		3 oz Chicken Strips (1 CS) or Cabbage Roll 1/2 c Potato Salad (1 CS) 2 Slices Fresh Tomatoes 1/2 c Fresh Fruit (1 CS) Multigrain Roll (1 CS) No Additional Bread		3 oz Meatballs in Brn Gravy or Pork Fritter 1/2 c Whipped Potato (1CS) Gravy 1/2 c Wax Beans 1/2 c Melon (1 CS)		1-1/4 c Spaghetti with Meat Sauce (2 CS) 1 Slice French Bread (1 CS) or Meatloaf Sandwich (2.5CS) No Additional Bread 1/2 c Peas & Carrots (1CS) 1/2 c Peaches (1 CS)	
* Chef's Salad Alternative MUST be Pre-ordered with Reservation									
Monday	6	Tuesday	7	Wednesday	8	Thursday	9	Friday	10
CLOSED LABOR DAY		1 c Chicken & Noodles (2CS) or Chef's Salad * 1/2 c Parslied Carrots 1/2 c Coleslaw (.5 CS) 1/2 c Pears (1 CS)		3 oz Breaded Tilapia Fish (.5 CS) or Baked Chicken 1/2 c Boiled Potatoes (1 CS) 1/2c Stewed Tomatoes (.5cs) 1/2 Medium Orange (1 CS)		3 oz Salisbury Steak in Gravy (.5 CS) or Turkey 1/2 c Mashed Potatoes (1cs) 1/2 c Cooked Cabbage 1/2 c Fresh Fruit (1 CS)		3 oz Swedish Meatballs (.5 CS) or BBQ Ribs 1/2 c Mashed Potatoes with Gravy (1 CS) 1/2 c Green Beans 1/4 c Vanilla Pudding with 1/2 c Mandarin Oranges (2 CS)	
Monday	13	Tuesday	14	Wednesday	15	Thursday	16	Friday	17
3 oz Pineapple Glazed Chop (.5 CS) or Meatloaf (.5 CS) 1/2 c Creamed Potato (1 CS) 1/2 c Green Peas (1 CS) 1/2 c Apricot Halves (1 CS)		1 c Beef Stew (1.5 CS) or Chef's Salad * 1 c Cooked Cabbage 1/2 c Pistachio Pudding with Topping (2 CS)		3 oz BBQ Chicken or Pork Roast in Gravy 1/2 c Parslied Potato (1 CS) 1/2 c Squash (1 CS) 1/2 c Fruit (1 CS)		Salmon Loaf (.5 CS) or Chicken Parmesan 1/2 c Mashed Potatoes (1cs) 1/2 c Creamed Peas (1.5 CS) 1/2 c Cherry Crisp with Topping (1.5 CS)		3 oz Breaded Baked Fish (.5 CS) or Meatloaf (.5 CS) 1/2c Company Potato (1.5cs) 1/2 c Broccoli 1/2 c Tropical Fruit Sc (1 CS)	

1% Milk, (1CS) 2 Whole Wheat or Multigrain Bread (unless noted), (2CS) AND Margarine Are Available With Every Meal

Each meal provides 1/3 of the DRI and complies with the 2005 Dietary Guidelines for Americans.

Date: _____

Licensed Registered Dietitian #13899 _____

Colette K. Iseminger, LRD

Monday	20	Tuesday	21	Wednesday	22	Thursday	23	Friday	24
3 oz Pork Chop in Gravy 2 T Cranberry Sauce (1 CS) 1/2 c Rice (1.5 CS) or Meat Lasagna (3CS) 1/2 c Winter Blend Vegetable 1/2 c Fruit Cocktail (1 CS) 1 WW Bread (1 CS)		1-1/2 c Hungarian Goulash (3 CS) or Chicken Wild Rice Casserole (2 CS) 1/2 c Corn O'Brian (1 CS) 1/2 c Fresh Fruit (1 CS) 1 WW Bread (1 CS)		3 oz Chicken in Gravy or Salisbury Steak in Gravy 1/3 c Dressing (1 CS) 1/2c Mashed Pot/Gravy (1cs) 1/2 c Carrots 1 Pineapple Slice (.5 CS) 1/2c Apple Crisp/Topp (1.5cs) 1 WW Dinner Roll (1 CS)		BBQ Ribs or Baked Chicken Small Baked Potato (1 CS) Light Sour Cream Broccoli 1/12 Pumpkin Pie with Topping (2 CS)		1.5 c New England Boiled Dinner* (1 CS) * Beef, Potato, Carrots and Onions or Tator Tot Hotdish (2 CS) 1/2 c Mandarin Orange in Jello with Topping (2CS)	
Monday	27	Tuesday	28	Wednesday	29	Thursday	30	Friday	
3 oz Meatloaf (.5 CS) or Chili (1.5 CS) Small Baked Potato (1 CS) Light Sour Cream 1/2 c Plain Beets 1/2 c Pineapple Chunks (1cs)		3 oz Beef Tips over 1/2 c Noodles (1.5 CS) 1c Tossed Romaine Salad w/ Tomato/Carrot & Low Fat Dressing (1 CS) or Chef's Salad * 1/2 c Plums (1.5 CS) 1 WW Bread (1 CS)		1c Chicken Chow Mein (1cs) 2 Small Egg Rolls (2 CS) or Hamb Rice Cass (2 CS) 1/2 c Apricot Halves (1 CS) 2 " Square Brownie (2 CS) 1 Bread (1 CS)		3 oz Roast Pork or Meatballs in Gravy 1/2c Mashed Potatoes (1 CS) 3 oz Gravy 1/2 c Mixed Vegetables (.5cs) 1/2 c Peach Crisp with Topping (1.5 CS) 1 WW Bread (1 CS)			
Tuesday Evening		Tuesday Evening		Tuesday Evening		Tuesday Evening		Tuesday Evening	
9/7/2010		9/14/2010		9/21/2010		9/28/2010			
POTATO BOWL Large Baked Potato with Toppings (2 CS) 6 oz Chili (1 CS) or 8 oz Beef Stew (1 CS) 1 Small Hard Roll (2 CS) 1/2 c Fresh Fruit (1 CS) No Bread		3 oz Swiss Steak with Tomatoes & Onions or 3 oz Salmon Small Baked Potato (1 CS) 1/2 c California Mixed Vegetables (.5CS) 1 Small Orange (1 CS)		Taco Casserole (2 CS) or Chicken Pattie on Bun (2 CS) No Additional Bread 1c Tossed Romaine Salad w/ Tomato/Carrot & Low Fat Dressing (1 CS) 1/2 c Applesauce (1 CS)		Baked Chicken (.5 CS) or Cabbage Roll 1/2c Creamed Potatoes (1cs) 1/2 c Squash (.5 CS) 2" Square Pumpkin Crunch (2 CS)		CALL BY 11am FOR TUESDAY EVENING MEAL RESERVATIONS- WE FILL UP FAST!!! Tuesday Evening meals served at 5:30pm at the GF Senior Center only	

Attn. Diabetics - These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CHO per meal to keep their blood sugar stable. You are free to make your own choices.
1 CHO = 1 serving of potato or vegetable, or fruit, or milk, or bread
2 CHO = Most Desserts

Call 772-7245 or visit your site to make your meal reservation by Noon the day before:

Briarwood-2650 26th Ave. S. Parkview-2396 27th Ave. S.
Homestead-1639 24th Ave. S. The Link-300 Cherry St.
Senior Center-620 4th Ave. S.: by 3pm the day before