

Senior Café and Meals on Wheels

July

2024

1-Jul		2-Jul		3-Jul		4-Jul		5-Jul	
Serving Size	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	No Meals Independence Day Holiday		Serving Size	Penne Bolognese
8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk			8 oz	Low Fat Chocolate Milk
1 ea	Pineapple Cup	1 ea	Raisins					1 ea	Orange Cup
3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash			3/4 cup	Marinara with Mushrooms
2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni			1 cup	Whole Grain Penne
2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef			3 oz	Beef Bolognese
1 oz	Gravy			3 oz	Cheese Sauce				
1 ea	Butter Cup								

8-Jul		9-Jul		10-Jul		11-Jul		12-Jul	
Serving Size	Spaghetti & Meatballs	Serving Size	Open Faced Egg Salad Sandwich	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Mojo Citrus Chicken
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Raisins
3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea
1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf
		1 oz	Wheat Bread						
2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken
3 oz	Marinara								

15-Jul		16-Jul		17-Jul		18-Jul		19-Jul	
Serving Size	Red Beans & Dirty Rice	Serving Size	Turkey & Swiss Sandwich	Serving Size	Roast Pork & Teriyaki Soba	Serving Size	Chicken & Broccoli	Serving Size	Lentil Sloppy Joe
8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce
3/4 cup	Steamed Spinach	3/4 cup	Coleslaw	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow
1 cup	Dirty Rice	2 oz	Wheat Bread	1 cup	Teriyaki Soba Noodles	1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun
						1/2 cup	Brown Rice Pilaf		
1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast	2 oz	Roast Pork Loin	2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce
		1 ea	Swiss						
		1 ea	Mustard Packet						
		1 ea	Mayonnaise Packet						

22-Jul		23-Jul		24-Jul		25-Jul		26-Jul	
Serving Size	Chicken Pot Pie	Serving Size	Mexican Pasta Salad	Serving Size	Chicken Parmesan	Serving Size	Turkey Shepherd's Pie	Serving Size	Chicken Fajita Bowl
8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk
1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup			1 ea	Pineapple Cup
3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew
2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers
3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast
				0.5 oz	Mozzarella				

Chef2Home Hot Menu 5-Day Menu/Lighter Fare Thursday - Q3Q4 2024

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Service Dates
WEEK 1	<p>Chicken Parmesan 3.15 oz. Breaded Chicken 2.5 oz. Sauce 0.5 oz. Mozzarella Cheese 3/4 cup Broccoli 1/2 cup Whole Grain Rotini 1/2 cup Cinnamon Apple Crisp 8 oz. 1% Milk</p>	<p>4.23 oz. Apple Juice Ham Steak with Pineapple Glaze 3 oz. Ham Steak 1/4 cup Pineapple Topping 1 cup Peas 3/4 cup Brown Rice Pilaf 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Applesauce Chicken with Country Pepper Gravy 3.15 oz. Breaded Chicken Patty 1.5 oz. Gravy 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>1/2 cup Diced Pears Italian Chicken Salad 2.5 oz. Chicken 0.25 oz. Mozz Cheese 1 oz. Diced Tomatoes 1 cup Salad 1/2 cup Mixed Vegetable Salad 2 oz. Whole Grain Roll 2 Butter Spreads 1 ea Italian Dress Packet 8 oz. 1% Milk</p>	<p>4 oz. Applesauce Penne Pasta & Meatballs with Marinara Sauce 3 oz. Meatballs 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 1st - July 5th July 29 - August 2nd Aug 26th - Aug 30th Sept 23rd - Sep 27th Oct 21st - Oct 25th 18th - Nov 22nd Dec 16th - Dec 20th</p> <p align="right">Nov</p>
WEEK 2	<p>4.23 oz. Apple Juice BBQ Seasoned Pork 3 oz. Pork Riblet 1 oz Sauce 1/2 cup Green Beans 1/2 cup Sweet Potatoes 2 oz. Whole Grain Roll 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Thai Ginger Curry Chicken 3 oz. Diced Chicken 2.5 oz. Sauce 1/4 cup Fajita Vegetables 1/2 cup Broccoli 3/4 cup Brown Rice Pilaf 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>Salisbury Steak 3 oz. Beef Salisbury Steak Patty 2 oz. Mushroom Gravy 1/2 cup Classic Mashed Potatoes 1/2 cup Carrots 1/2 cup Warm Sliced Apples 2 oz. Whole Grain Roll 2 Butter Spreads 8 oz. 1% Milk</p>	<p>4oz. Tropical Fruit Punch Turkey & Swiss Sandwich 2 oz. Turkey .75 oz. Swiss Cheese 3/4 cup Potato Salad 1 Mayonnaise Packet 2 oz. Whole Grain Bread 8 oz. 1% Milk</p>	<p>4 oz. Peach Cup Beef & Bean Chili 5 oz. Chili 1 oz. Kidney Beans 1 cup Rice & Beans 3/4 cup Broccoli 2 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 8th - July 12th Augu 5th - Aug 9th Sept 2nd - Sept 6th Sept 28th - Oct 3rd Oct 28th - Nov 1st Nov 25th - Nov 29th Dec 21st - Dec - 26th</p>
WEEK 3	<p>4 oz. Applesauce Italian Meatloaf 2.6 oz. Meatloaf 2 oz. Marinara 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Turkey Divan 3 oz. Diced Turkey 3/4 cup Broccoli 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>French Onion-Breaded Pork Chop 3.35 oz. Breaded Pork Chop 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>4 oz. Grape Juice Taco Salad 3 oz. Beef 0.5 oz Shredded Cheddar 1 oz Diced Tomatoes 1 cup Lettuce 3/4 cup Black Bean & Corn Salad 1ea Taco Sauce 1ea - 6" Whole Grain Tortilla 8 oz. 1% Milk</p>	<p>4 oz. Applesauce Southwest Chicken Cheddar Penne 1/2 cup Penne Pasta 2 oz. Diced Chicken 2 Tbsp. Black Beans & Corn 2 oz. Cheese Sauce 1/2 cup Stewed Tomatoes 1/2 cup Broccoli 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>July 15th - July 19th Aug 12th - Aug 16th Sept 9th - Sept 13th Oct 4th - Oct 10th Nov 4th - November 8th Dec 2nd - Dec 6th</p>
WEEK 4	<p>4.23 oz. Apple Juice Cheese Pizza (2oz Protein/2 Grain) 1 cup Italian Bean Medley 8 oz. 1% Milk</p>	<p>4.23 oz. Apple Juice Beef Goulash 3 oz. Beef 1/2 cup WG Elbow Macaroni 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Peas 1 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>Moroccan Chicken & Lentils 2 oz. Chicken 3 oz. Moroccan Sauce 1/4 cup Lentils 1/4 cup Peppers 1/4 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Warm Apples w/ Raisins 1 oz. Whole Grain Roll 1 Butter Spreads 8 oz. 1% Milk</p>	<p>4oz. Tropical Fruit Punch Turkey Ham & Cheddar Sandwich 2 oz. Turkey Ham .75 oz. Cheddar 1 cup Broccoli Salad 1 Mayonnaise Packet 2 oz. Whole Grain Bread 8 oz. 1% Milk</p>	<p>Swiss Steak 3 oz. Beef Patty 2.5 oz. Swiss Steak Sauce 1/2 cup Mashed Potatoes 1/2 cup Normandy Blend 1/2 cup Cinnamon Apples 2 oz. Whole Grain Roll 1 Butter Spread 8 oz. 1% Milk</p>	<p>Jul 22nd - July 26th Aug 19th - Aug 23rd Sept 16th - Sept 20th Oct 11th - Oct 17th Nov 11th - Nov 15th Dec 9th - Dec 13th</p>

This menu has been designed using the DOEA component meal pattern requirements. When prepared using approved products and recipes, this menu meets meal pattern requirements for one meal per day (2 oz edible portion protein, 3/4 cup vegetable and 1/2 cup fruit OR 1 1/2 cups vegetables, 2 servings of grains, 1 cup milk; 25 mg Vitamin C per meal, 233 mcg Vitamin A 3 times per week; includes whole grain foods).

MENU PREPARED BY:
DATE:
MENU SERVICE DATES:
DIETITIAN SIGNATURE:

Metz Culinary Management
6.6.24
July 1st - Dec 26th

Kerry Sloan RD