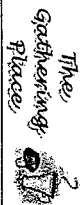


JACKSON COUNTY  
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging  
**CONGREGATE**  
October 2017

Reservations needed one day in advance: **CALL 768-8684**  
**LUNCH SERVED AT NOON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Barbecue Chicken Drumstick (1) 5 Au Gratin Potatoes 25 Mildori Veg Blend 5 Fresh Fruit 15 Dinner Roll 11 Milk Total Carbohydrates 76	2 Grilled Chicken Tenderloins 5 Caesar Salad w/crotons and 5 Grape Tomatoes 15 Baked Beans 15 Fruit Cocktail 11 Milk Blueberry Muffin Total Carbohydrates 98	3 Scalloped Potatoes w/Turkey Ham 5 Peas and Carrots 3 Hot Spiced Apples 34 Dinner Roll 15 Milk 15 Pudding 26 Total Carbohydrates 98	4 Swedish Meatballs (6) 10 Brown Rice 20 Scandinavian Veg Blend 15 Winter Veg Blend 11 Fresh Fruit 15 Dinner Roll 11 Milk Total Carbohydrates 96	5 BBQ Boneless Chicken Wings (4) 15 Sweet Potatoes 5 Garden Salad 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Pudding Total Carbohydrates 111
9 Stuffed Cabbage 12 Mashed Potatoes 25 Hot Spiced Chunky Applesauce 20 Dinner Roll 15 Milk Vanilla Ice Cream Cup Total Carbohydrates 83	10 Turkey Ala King 15 Brussels Sprouts 20 Hot Spiced Peaches 15 Biscuit 11 Milk Total Carbohydrates 96	11 Chili Dog on Bun 5 California Veggie Blend 20 Peas 30 Diced Peas 11 Milk 15 Total Carbohydrates 96	11 Ham & Cheddar Frittata 10 Turkey Sausage Links (2) 15 Potato Cubes 15 Asparagus 11 Tropical Fruit Mix Cinnamon Raisin Bagel Milk Total Carbohydrates 81	12 Beef Stroganoff 5 Broccoli 25 Diced Carrots 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Sorbet Total Carbohydrates 106
16 Sweet & Sour Pork over Rice 45 Chinkle Carrots 5 Asian Vegetable Blend 5 Fresh Fruit 15 Dinner Roll 11 Milk Total Carbohydrates 96	17 Salisbury Steak w/Mushroom Gravy 25 Mashed Potatoes 5 Broccoli 15 Diced Peas 15 Dinner Roll 11 Milk Lemon Cookie Total Carbohydrates 96	17 Teriyaki Chicken Breast 25 Garlic Mashed Red Potatoes 5 Country Green Beans 15 Cranberry Apples 15 Dinner Roll 11 Milk 15 Total Carbohydrates 96	18 Beef Stew 15 Green Beans 10 Hot Spiced Apples 15 Dinner Roll 15 Milk 11 Total Carbohydrates 66	19 Special Congregate Luncheon Honoring Volunteers 5 MEAL SITES CLOSED (See below for menu. See newsletter for event information) Total Carbohydrates 20
23 Meatball Sub (3) 5 Cauliflower 10 Peas & Carrots 15 Grape Juice 11 Milk Total Carbohydrates 96	24 Pork Cutlet w/Gravy 5 Mashed Potatoes 10 Peas 15 Fresh Fruit 15 Dinner Roll 11 Milk Cookie Total Carbohydrates 102	24 Chicken & Broccoli Rice 25 Stewed Tomatoes 10 Succotash 15 Mandarin Oranges 15 Dinner Roll 11 Milk 20 Total Carbohydrates 101	25 Beef Ravioli w/Marinara Sauce 5 Sweet Corn 20 Garden Salad 15 Cinnamon Applesauce 15 Dinner Roll 11 Milk Total Carbohydrates 94	26 Chicken Patty on Wheat Bun 20 w/lettuce & Tomato 10 Au Gratin Potatoes 15 French Style Green Beans 15 Fresh Fruit 11 Milk Cookie Total Carbohydrates 91
30 Cheeseburger on Bun w/Ketchup 30 Pickle Slices 5 Baby Carrots 10 Garden Salad 15 Fresh Fruit 11 Dinner Roll 11 Milk Total Carbohydrates 71	31 Sweet & Sour Meatballs (6) 15 Brown Rice 20 Baby Carrots 10 Garden Salad 15 Fresh Fruit 11 Dinner Roll 11 Milk Total Carbohydrates 106	31 Special Luncheon Honoring Volunteers Friday, October 20th 10:45 AM - 1 PM Chicken Drumsticks Rosemary Roasted Potatoes Riviera Veggie Blend Garden Salad Dinner Roll & Milk Salted Caramel Cheesecake Reservations 788-4364	31 Special Congregate Luncheon Honoring Volunteers Dinner Dance 10/5/2017 Dinner 5 - 5:30PM, Dance 6-9 PM Pulled Turkey & Gravy Garlic Redskin Mashed Potatoes Green Beans Chunky Peaches Dinner Roll & Milk Chocolate Cherry Pie Dance Reservations 788-4364	

Menus approved by:

\* Substitutions by kitchen staff may be made if needed