

JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging
CONGREGATE
June 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Keilbasa & Sauerkraut 5 Red Skin Potatoes 25 Baby Carrots 5 Dinner Roll 15 Milk 11 Fruited Jello 25 <i>Total Carbohydrates</i> 86
4 Pulled Pork on Wheat Bun 45 Baked Beans 5 Sweet Corn 10 Applesauce Cup 15 Milk 11 <i>Total Carbohydrates</i> 86	5 Beef Pepper Patty w/Gravy 10 Garlic Mashed Potatoes 20 Peas & Carrots 10 Fresh Fruit 15 Dinner Roll 15 Milk 11 Sorbet 10 <i>Total Carbohydrates</i> 91	5 Chicken Drummies (2) 10 Au Gratin Potatoes 20 Midori Veg Blend 10 Mandarin & Pineapples 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 76	6 Vegetable Lasagna 25 Country Green Beans w/Ham 5 Hot Spiced Apples 20 Dinner Roll 15 Milk 15 <i>Total Carbohydrates</i> 76	7 Stuffed Cabbage 10 Red Potatoes 25 Peas 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 96
11 Chicken and Broccoli Casserole 30 Green Peas 20 Zucchini and Tomatoes 10 Dinner Roll 15 Fresh Fruit 15 Milk 11 <i>Total Carbohydrates</i> 101	12 Goulash 30 Zucchini 5 Garden Salad 10 Pineapple Tidbits 15 Dinner Roll 15 Milk 11 Pudding 25 <i>Total Carbohydrates</i> 111	13 Chicken Patty on Hamburger Bun w/Lettuce & Tomato 44 Veg Blend 5 Diced Carrots 15 Tropical Fruit Salad 15 Milk 11 <i>Total Carbohydrates</i> 85	14 Wiley Potato (Baked Potato with Hamburger & Mushroom Gravy) 30 Garden Salad 10 Fresh Fruit 5 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 71	15 Sloppy Joes on Hamburger Bun 30 Scalloped Potatoes 20 Diced Carrots 5 Fresh Fruit 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 96
18 Pollock Fillet w/tartar sauce 13 Scalloped Potatoes 20 Green Beans 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 79	19 Beef Bites w/Honey Mustard Dip cup 15 Sweet Potato Casserole 25 Sugar Snap Peas 10 Sliced Pears 15 Milk 11 Cookie 15 <i>Total Carbohydrates</i> 91	20 Swedish Meatballs (6) over Brown Rice 15 California Veg Blend 25 Stewed Tomatoes 10 Fresh Fruit 15 Dinner Roll 11 Milk 15 <i>Total Carbohydrates</i> 91	21 Breaded Chicken Tenders (3) w/Ranch Dip Cup 30 O'Brien Potatoes 5 Broccoli 10 Fresh Fruit 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 81	22 Teriyaki Chicken Breast w/Swiss on Whole Wheat Bun 5 Peas & Carrots 20 Garden Salad 10 Cranberry Apples 15 Milk 15 Cookie 11 <i>Total Carbohydrates</i> 81
25 Pulled Chicken & Gravy 9 Mashed Potatoes 20 Broccoli 5 Applesauce Cup 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 75	26 Scalloped Potatoes w/Turkey Ham 30 Green Beans 5 Diced Carrots 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Birthday Dessert 20 <i>Total Carbohydrates</i> 101	27 Salisbury Steak w/Mushroom Gravy 30 Mashed Potatoes 5 Peas & Pearl Onions 5 Mandarin & Pineapple Mix 15 Dinner Roll 15 Milk 11 <i>Total Carbohydrates</i> 76	28 Beef Tortellini w/Spaghetti Sauce 5 Cauliflower 20 Peas and Carrots 10 Dinner Roll 15 Fresh Fruit 15 Milk 11 <i>Total Carbohydrates</i> 91	29 Beef Hot Dog w/Chopped Onions 40 Baked Beans 5 Veg Blend 5 Fresh Fruit 15 Milk 15 Apple Pie 11

Menus approved by:

* Substitutions may be made if needed