

Macomb County Senior Nutrition Program

Cold Dinner Menus

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	10/12 Agency Closed	10/13/2009	10/14/2009	10/15/2009	10/16/2009
	11/23/2009	11/24/2009	11/25/2009	11/26 Agency Closed	11/27 Agency Closed
	1/4/2010	1/5/2010	1/6/2010	1/7/2010	1/8/2010
Entrée	Turkey (2 oz.) & swiss cheese (1 oz.)	Sloppy Joe sandwich (3 oz)	Macaroni & cheese (6 oz)	Breaded chicken patty sandwich (3 oz)	Tuna salad (3 oz.)
Vegetables	Green pepper slices	Parsley round potatoes	Peas & pearl onions	Pasta salad w/ vegetables	Macaroni salad w/ vegetables
	Fresh apple	Baked beans	Carrot coins	Tomato slices (2) & shredded lettuce (1/4 c)	Cheesy pea salad
Bread	Whole wheat bread, 2	Whole wheat bun	Multigrain roll (1 oz)	Whole wheat bun	Seedless rye bread
Fruit	Apricots	Diced peaches	Tropical fruit salad	Mandarin oranges	Fresh orange
milk	1%	1%	1%	1%	1%

1 Funding for these meals are provided by American Recovery and Reinvestment Act (ARRA)

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Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	10/19/2009	10/20/2009	10/21/2009	10/22/2009	10/23/2009
	11/30/2009	12/1/2009	12/2/2009	12/3/2009	12/4/2009
	1/11/2010	1/12/2010	1/13/2010	1/14/2010	1/15/2010
Entrée	Meatball sub sandwich (3 oz) w/ tomato sauce	Egg salad sandwich (3 oz)	Waffle sticks (4) w/ maple syrup & sausage links (3)	Breaded chicken leg (3 oz)	Sub: Turkey ham (1 oz), turkey (1 oz.) & American cheese (1 oz)
Vegetables	Potato salad	Brown bean salad	Carrot raisin salad	Macaroni salad w/ vegetables	Brown bean salad
	Tossed salad (3/4 c) w/ ranch dressing	Green pepper slices	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Corn relish
Bread	Whole wheat hotdog bun	Whole wheat bread, 2	see above	Whole wheat bread, 1	Sub bun
Fruit	Fruit cocktail	Pineapple chunks	Diced peaches & cottage cheese (1/4 c)	Cinnamon applesauce	Fresh pear
milk	1%	1%	1%	1%	1%

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Week 3					
Date	Monday	Tuesday	Wednesday	Thursday	Friday
	10/26/2009	10/27/2009	10/28/2009	10/29/2009	10/30/2009
	12/7/2009	12/8/2009	12/9/2009	12/10/2009	12/11/2009
	1/18 Agency Closed	1/19/2010	1/20/2010	1/21/2010	1/22/2010
Entrée	Chili con carne w beans (8 oz)	Cheese omelet (1) w/ sausage links (3)	BBQ Pulled pork sandwich (3 oz)	Meatloaf sandwich (3 oz)	Chicken salad (3 oz.)
Vegetables	Sweet corn	Broccoli raisin salad	Carrot coins	Potato salad	Macaroni salad w/ vegetables
	Tossed salad (3/4 c) w/ ranch dressing	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Marinated three bean salad	Italian green bean salad
Bread	Whole wheat bread, 1	Fruit muffin, 2 oz	Whole wheat bun	White bread, 2	Croissant 1.5 oz.
Fruit	Tropical fruit salad	Applesauce	Diced peaches	Pineapple chunks	Fresh apple
milk	1%	1%	1%	1%	1%

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Week 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	11/2/2009	11/3/2009	11/4/2009	11/5/2009	11/6/2009
	12/14/2009	12/15/2009	12/16/2009	12/17/2009	12/18/2009
	1/25/2010	1/26/2010	1/27/2010	1/28/2010	1/29/2010
Entrée	Turkey (2 oz.) & swiss cheese (1 oz.)	Sloppy Joe sandwich (3 oz)	Macaroni & cheese (6 oz)	Breaded chicken patty sandwich (3 oz)	Tuna salad (3 oz.)
Vegetables	Green pepper slices	Parsley round potatoes	Peas & pearl onions	Pasta salad w/ vegetables	Cheesy pea salad
	Fresh apple	Baked beans	Carrot coins	Tomato slices (2) & shredded lettuce (1/4 c)	Pasta salad w/ vegetables
Bread	Whole wheat bread, 2	Whole wheat bun	Multigrain roll (1 oz)	Whole wheat bun	Seedless rye bread, 2
Fruit	Apricots	Diced peaches	Tropical fruit salad	Mandarin oranges	Fresh orange
milk	1%	1%	1%	1%	1%

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Week 5					
	Monday	Tuesday	Wednesday	Thursday	Friday
	11/9/2009	11/10/2009	11/11 Agency Closed	11/12/2009	11/13/2009
	12/21/2009	12/22/2009	12/23/2009	12/24 Agency Closed	12/25 Agency Closed
	2/1/2010	2/2/2010	2/3/2010	2/4/2010	2/5/2010
Entrée	Meatball sub sandwich (3 oz) w/ tomato sauce	Egg salad sandwich (3 oz)	Waffle sticks (4) w/ maple syrup & sausage links (3)	Breaded chicken leg (3 oz)	Sub: Turkey ham (1 oz.), turkey (1 oz.) & American cheese (1 oz.)
Vegetables	Potato salad	Brown bean salad	Carrot raisin salad	Macaroni salad w/ vegetables	Creamy confetti coleslaw
	Tossed salad (3/4 c) w/ ranch dressing	Green pepper slices	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Marinated three bean salad
Bread	Whole wheat hotdog bun	Whole wheat bread, 2	see above	Whole wheat bread, 1	Sub bun
Fruit	Fruit cocktail	Pineapple chunks	Diced peaches & cottage cheese (1/4 c)	Cinnamon applesauce	Fresh pear
milk	1%	1%	1%	1%	1%

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Week 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	10/5/2009	10/6/2009	10/7/2009	10/8/2009	10/9/2009
	11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009
	12/28/2009	12/29/2009	12/30/2009	12/31 Agency Closed	1/1 Agency Closed
Entrée	Chili con carne w beans (8 oz)	Cheese omelet (1) w/ sausage links (3)	BBQ pulled pork sandwich (3 oz)	Meatloaf sandwich (3 oz)	Chicken salad (3 oz)
Vegetables	Sweet corn	Broccoli raisin salad	Carrot coins	Potato salad	Potato salad
	Tossed salad (3/4 c) w/ ranch dressing	Orange juice, 4 oz (100% juice)	Creamy confetti coleslaw	Marinated three bean salad	Marinated carrots
Bread	Whole wheat bread, 1	Fruit muffin, 2 oz	Whole wheat bun	White bread, 2	Croissant (1.5 oz)
Fruit	Tropical fruit salad	Applesauce	Diced peaches	Pineapple chunks	Fresh apple
milk	1%	1%	1%	1%	1%