

# Macomb County Senior Nutrition Program Lunch Menus

## Week 1

|              | <b>Monday</b>                         | <b>Tuesday</b>                      | <b>Wednesday</b>           | <b>Thursday</b>                           | <b>Friday</b>                                |
|--------------|---------------------------------------|-------------------------------------|----------------------------|---|--|
| Date         | 1/4/2010                              | 1/5/2010                            | 1/6/2010                   | 1/7/2010                                  | 1/8/2010                                     |
|              | <b>TRIVIA DAY</b>                     | <b>New Year's Party</b>             |                            |   |  |
| Entrée       | BBQ Chicken Legs (3 oz.) w/ BBQ Sauce | Roast Pork (3 oz.)                  | Macaroni & Cheese (6 oz.)  | Turkey Tetrizzini w/ Rotini Pasta (8 oz.) | Hearty Beef Stew (8 oz.) w/ Mixed Vegetables |
| Vegetables   | Parsley Roasted Red Skin Potatoes     | Mashed Potatoes w/ Low Sodium Gravy | Zucchini & Tomatoes        | Herbed Green Beans                        | Tossed Salad (3/4 Cup) w/ French Dressing    |
|              | Peas & Pearl Onions                   | Key West Vegetable Blend            | Marinated Carrots          | Creamy Confetti Coleslaw                  | Marinated Black Bean & Corn Salad            |
| Bread        | Corn Bread, 2 oz.                     | Seedless Rye Bread, 1               | Whole Wheat Bread, 1       | Whole Wheat Bread, 1                      | Biscuit, 2 oz.                               |
| Fat Exchange | Fortified Margarine                   | Fortified Margarine                 | Fortified Margarine        | Fortified Margarine                       | Fortified Margarine                          |
| Fruit        | Apricots, 4                           | Chilled Apple Crisp                 | Fresh Navel Orange         | Fresh Banana                              | Fresh Winter Pear                            |
| Milk         | 1%                                    | 1%                                  | 1%                         | 1%  | 1%   |
| Beverage     | Tea, Coffee, Decaffeinated            | Tea, Coffee, Decaffeinated          | Tea, Coffee, Decaffeinated | Tea, Coffee, Decaffeinated                | Tea, Coffee, Decaffeinated                   |

# Macomb County Senior Nutrition Program

## Lunch Menus

| Week 2       |  |  |  |  |  |
|--------------|--|--|--|--|--|
|              | Monday   | Tuesday                                | Wednesday  | Thursday   | Friday   |
| Date         | 1/11/2010  | 1/12/2010                              | 1/13/2010  | 1/14/2010  | 1/15/2010  |
|              | <b>International Thank You Day</b>   |  |  |  | <b>National Hat Day</b>  |
| Entrée       | Bratwurst (3 oz.)<br>Sandwich w/ Onion &<br>Green Pepper Garnish<br>w/ Mustard | Salisbury Steak (3<br>oz.)             | Baked Cheese Lasagna<br>Roll Up (2 ) w/ Marinara<br>Sauce & w/ Parmesan<br>Cheese Packet | <u>Submarine Sandwich:</u><br>Turkey Ham, Turkey &<br>American Cheese (3 oz.) w/<br>Italian Dressing | Baked Orange<br>Chicken Legs (3 oz.)                                   |
| Vegetables   | O'Brien Potatoes   | Mashed Potatoes w/<br>Low Sodium Gravy | Seasoned Spinach w/<br>Lemon Packet &<br>Vinegar Packet                                  | Pasta Salad w/<br>Vegetables   | Scalloped Potatoes   |
|              | Marinated Triple Bean<br>Salad   | Broccoli Raisin Salad                  | Tossed Salad (3/4<br>Cup) w/ Ranch<br>Dressing   | Beef Barley Soup<br>(8 oz.) w/ Low Sodium<br>Crackers  | Peas & Carrots   |
| Bread        | Whole Wheat Bun  | Whole Wheat Bread,<br>1                | Whole Wheat Bread,<br>1  | Submarine Bun  | Whole Wheat Bread,<br>1  |
| Fat Exchange | Fortified Margarine<br>(See Vegetable)   | Fortified Margarine                    | Fortified Margarine  | Italian Dressing<br>(See Entrée &<br>Vegetable)  | Fortified Margarine  |
| Fruit        | Diced Peaches &<br>Oatmeal Raisin<br>Cookie (3 ")                              | Ambrosia                               | Fresh Winter Pear  | Fresh Yellow Delicious<br>Apple  | Vanilla Yogurt (1/4<br>Cup) w/ Frozen/Thawed<br>Strawberries (1/2 Cup) |
| Milk         | 1%   | 1%                                     | 1%   | 1%   | 1%   |
| Beverage     | Tea, Coffee,<br>Decaffeinated  | Tea, Coffee,<br>Decaffeinated          | Tea, Coffee,<br>Decaffeinated  | Tea, Coffee,<br>Decaffeinated  | Tea, Coffee,<br>Decaffeinated  |

# Macomb County Senior Nutrition Program Lunch Menus

| Week 3       |                      |  |  |   |  |
|--------------|----------------------|--|--|---|--|
| Date         | Monday<br>1/18/2010  | Tuesday<br>1/19/2010                     | Wednesday<br>1/20/2010                                   | Thursday<br>1/21/2010                                       | Friday<br>1/22/2010                                  |
|              | <b>AGENCY CLOSED</b> | <b>MLK, Jr.<br/>Remembrance Day</b>      |  |   |  |
| Entrée       |                      | Pasta Beef & Tomato Casserole (8 oz.)    | Turkey Broccoli Rice Casserole (8 oz.) w/ Cheddar Cheese | Polynesian Chicken Breast (3 oz.) over Rice Pilaf (1/2 Cup) | Swedish Meatballs (3 oz.) over Egg Noodles (1/2 Cup) |
| Vegetables   |                      | Spicy Buttered Carrots                   | Corn O'Brien   | Prince Charles Vegetable Blend                              | Seasoned Spinach w/ Lemon Packet & Vinegar Packet    |
|              |                      | Tossed Salad (3/4 Cup) w/ Ranch Dressing | Marinated Green Bean & Pea Salad                         | Creamy Confetti Coleslaw                                    | Diced Pickled Beets & Onions                         |
| Bread        |                      | Whole Wheat Bread, 1                     | See Above  | Multigrain Roll, 2 oz.                                      | Whole Wheat Bread, 1                                 |
| Fat Exchange |                      | Fortified Margarine                      | Fortified Margarine (See Vegetable)                      | Fortified Margarine   | Fortified Margarine                                  |
| Fruit        |                      | Tropical Fruit Salad                     | Fresh Navel Orange                                       | Fruited Gelatin   | Fresh Banana   |
| Milk         |                      | 1%                                       | 1%   | 1%  | 1%   |
| Beverage     |                      | Tea, Coffee, Decaffeinated               | Tea, Coffee, Decaffeinated                               | Tea, Coffee, Decaffeinated                                  | Tea, Coffee, Decaffeinated                           |

# Macomb County Senior Nutrition Program

## Lunch Menus

| Week 4       |  |  |  |  |                                     |
|--------------|--|--|--|--|-------------------------------------|
|              | Monday   | Tuesday  | Wednesday  | Thursday                                       | Friday                              |
| Date         | 1/25/2010  | 1/26/2010  | 1/27/2010  | 1/28/2010                                      | 1/29/2010                           |
|              |  |  | <b>Birthday Party</b>  |  |                                     |
| Entrée       | Sweet & Sour Chicken w/ Snow Peas (6 oz.) over Seasoned Rice (1/2 Cup) | Egg (1 oz.) & Sausage (2 oz.) Biscuit (2 oz.) Breakfast Sandwich | Stuffed Pepper (3 oz.) w/ Meat Sauce                               | Tuna Salad (3 oz.) Sandwich                    | Baked Meatloaf (3oz.)               |
| Vegetables   | Vegetable Egg Roll w/ Sweet & Sour Sauce Packet                        | O'Brien Potatoes   | Mashed Potatoes w/ Tomato Gravy                                    | Cheesy Pea Salad                               | Mashed Potatoes w/ Low Sodium Gravy |
|              | Far East Vegetable Blend   | Broccoli Raisin Salad  | Tossed Salad (3/4 Cup) w/ Italian Dressing                         | Minestrone Soup (8 oz.) w/ Low Sodium Crackers | Brussels Sprouts                    |
| Bread        | Egg Roll (See Vegetable)   | Biscuit (See Above)  | Multigrain Roll, 2 oz.   | Croissant, 1.5 oz.                             | Whole Wheat Bread, 1                |
| Fat Exchange | Fortified Margarine (See Vegetable)                                    | Fortified Margarine (See Vegetable)                              | Fortified Margarine  | Mayonnaise (See Entrée & Vegetable)            | Fortified Margarine                 |
| Fruit        | Apricots, 4  | Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Peaches (1/2 Cup)      | Angel Food Cake w/ Frozen/Thawed Strawberries (1/2 Cup Inc. Juice) | Fresh Yellow Delicious Apple                   | Fresh Winter Pear                   |
| Milk         | 1%   | 1%   | 1%   | 1%   | 1%                                  |
| Beverage     | Tea, Coffee, Decaffeinated   | Tea, Coffee, Decaffeinated                                       | Tea, Coffee, Decaffeinated   | Tea, Coffee, Decaffeinated                     | Tea, Coffee, Decaffeinated          |

# Macomb County Senior Nutrition Program

## Lunch Menus

| Week 5       |  |  |  |                                   |  |
|--------------|--|--|--|-----------------------------------|--|
|              | Monday   | Tuesday  | Wednesday  | Thursday                          | Friday   |
| Date         | 2/1/2010   | 2/2/2010   | 2/3/2010   | 2/4/2010                          | 2/5/2010   |
|              |  |  |  |                                   | <b>Super Bowl Party</b>                                    |
| Entrée       | Breaded Fish (3 oz.) Sandwich w/ Cheese & Tartar Sauce | <u>Brunswick Stew:</u> Pork & Chicken w/ Hearty Vegetables (8 oz.) | Spaghetti w/ Meat Sauce (6 oz.) over Spaghetti Noodles (1/2 Cup) w/ Parmesan Cheese Packet | Baked Oven Crispy Chicken (3 oz.) | All Beef Hotdog w/ Mustard & Ketchup, Diced Onion & Relish |
| Vegetables   | Parsley Roasted Red Skin Potatoes                      | Creamy Confetti Coleslaw w/ Green Peppers                          | Key West Vegetable Blend   | Scalloped Potatoes                | Chili Con Carne (8 oz.) w/ Low Sodium Crackers             |
|              | Prince Charles Vegetable Blend                         | Brown Bean Salad   | Tossed Salad (3/4 Cup) w/ Ranch Dressing   | Creole Green Beans                | Potato Salad   |
| Bread        | Whole Wheat Bun  | Biscuit, 2 oz.   | Italian Bread, 1   | Whole Wheat Bread, 1              | Whole Wheat Bun  |
| Fat Exchange | Mayonnaise & Margarine (See Vegetable & Tartar Sauce)  | Fortified Margarine  | Fortified Margarine  | Fortified Margarine               | Mayonnaise (See Vegetable)                                 |
| Fruit        | Diced Peaches & Diced Pears                            | Fresh Navel Orange   | Fresh Grapes   | Fresh Banana                      | Cinnamon Applesauce & Chocolate Chip Cookie (3")           |
| Milk         | 1%   | 1%   | 1%   | 1%                                | 1%   |
| Beverage     | Tea, Coffee, Decaffeinated                             | Tea, Coffee, Decaffeinated   | Tea, Coffee, Decaffeinated   | Tea, Coffee, Decaffeinated        | Tea, Coffee, Decaffeinated                                 |

# Macomb County Senior Nutrition Program Lunch Menus

| Week 6       |  |   |  |  |   |
|--------------|--|---|--|--|---|
|              | Monday<br>2/8/2010                     | Tuesday<br>2/9/2010   | Wednesday<br>2/10//2010  | Thursday<br>2/11/2010                  | Friday<br>2/12/2010   |
|              |  |   | <b>Chinese New Year</b>  |  | <b>Valentine's Party</b>  |
| Entrée       | Roast Turkey (3 oz.)                   | Baked Ham (3 oz.) w/<br>Pineapple Sauce   | Stir-Fried Beef w/ Sugar<br>Snap Peas (8 oz.<br>Beef & Sauce) over<br>Seasoned Rice (1/2<br>Cup) | Sloppy Jane<br>Sandwich (3 oz.)        | Chicken Parmesan: Breaded<br>Chicken (3 oz.) w/ Melted<br>Mozzarella Cheese & Marinara<br>Sauce (2 oz.) over Chicken w/<br>Penne Pasta Mixed w/ Marinara<br>Sauce (1/2 Cup) & Parmesan<br>Cheese Packet |
| Vegetables   | Mashed Potatoes w/<br>Low Sodium Gravy | Whipped Sweet<br>Potatoes   | Vegetable Egg Roll w/<br>Sweet & Sour Sauce<br>Packet  | O'Brien Potatoes                       | Brussels Sprouts  |
|              | Spicy Buttered<br>Carrots              | Diced Harvard Beets   | Far East Vegetable<br>Blend  | Peas & Carrots                         | Tossed Salad (3/4<br>Cup) w/ Italian<br>Dressing  |
| Bread        | Whole Wheat Bread,<br>1                | Whole Wheat Bread,<br>1   | Whole Wheat Bread,<br>1  | Whole Wheat Bun                        | Multigrain Roll, 2 oz.  |
| Fat Exchange | Fortified Margarine                    | Fortified Margarine   | Fortified Margarine  | Fortified Margarine (See<br>Vegetable) | Fortified Margarine   |
| Fruit        | Fresh Winter Pear                      | Vanilla Yogurt (1/4 Cup) w/<br>Frozen/Thawed Strawberries (1/2<br>Cup Inc. Juice) | Mandarin Oranges &<br>Pineapple Tidbits w/ Fortune<br>Cookie                                     | Fresh Yellow Delicious<br>Apple        | Chilled Cherry Fruit<br>Crisp   |
| Milk         | 1%                                     | 1%  | 1%   | 1%                                     | 1%  |
| Beverage     | Tea, Coffee,<br>Decaffeinated          | Tea, Coffee,<br>Decaffeinated   | Tea, Coffee,<br>Decaffeinated  | Tea, Coffee,<br>Decaffeinated          | Tea, Coffee,<br>Decaffeinated   |