

Macomb County Senior Nutrition Program Lunch Menus

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	10/12/2009	10/13/2009	10/14/2009	10/15/2009	10/16/2009
				Sweetest Day	
Entrée	Baked Ham (3oz.) w/Pineapple Sauce	Macaroni & Cheese (6 oz.)	Cheeseburger Soup (8 oz.) w/ Cheddar Cheese garnish	Breaded Veal (3 oz.) Parmesan w/ Mozzarella Cheese over Veal w/ Spaghetti Noodles (1/2 Cup) w/ Marinara Sauce & Parmesan Cheese garnish	BBQ Chicken Legs (3 oz.) w/ BBQ Sauce
Vegetables	Whipped Sweet Potatoes	Zucchini & Tomatoes	Tossed Salad (3/4 Cup) w/ Italian Dressing	Buttered Corn	Au Gratin Potatoes
	Diced Harvard Beets	Peas & Pearl Onions	Marinated Cucumbers & Tomatoes	Marinated Three Bean Salad	Creamy Confetti Coleslaw w/ Green Peppers
Bread	Seedless Rye Bread, 1	Whole Wheat Bread, 1	Whole Wheat Bread, 1	Multigrain Roll, 2 oz.	Biscuit, 2 oz.
Fat Exchange	Fortified Margarine	Fortified Margarine	Fortified Margarine	Fortified Margarine	Fortified Margarine
Fruit	Apricots, 4	Fresh Yellow Delicious Apple	Fresh Orange	Warm Cherry Crisp	Fresh Grapes
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated

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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
			Birthday Party		
Entrée	Salisbury Steak (3 oz.)	Submarine Sandwich: Turkey Ham, Turkey & American Cheese (3 oz.) w/ Italian Dressing Packet	Stuffed Pepper (3 oz.) w/ Meat Sauce	Baked Cheese Omelet (1) w/ Sausage Links (3)	Baked Orange Chicken Legs (3 oz.)
Vegetables	Mashed Potatoes w/ Low Sodium Gravy	Pasta Salad w/ Vegetables	Mashed Potatoes w/ Tomato Gravy	O'Brien Potatoes	Baked Potato (3 oz.) w/ Sour Cream
	Carrot Coins	Beef Barley Soup (8 oz.) w/ Low Sodium Crackers	Tossed Salad (3/4 Cup) w/ Ranch Dressing	Broccoli Raisin Salad	Spinach Salad (3/4 Cup) w/ Mushroom & Egg garnish w/ French Dressing
Bread	Whole Wheat Bread, 1	Submarine Bun	Multigrain Roll, 2 oz.	Fruit Muffin, 2 oz.	Whole Wheat Bread, 1
Fat Exchange	Fortified Margarine	Italian Dressing (See Entrée & Vegetable)	Fortified Margarine	Margarine & Mayonnaise (See Vegetables)	Fortified Margarine
Fruit	Diced Peaches	Fresh Pear	Angel Food Cake w/ Frozen - Thawed Strawberries (1/2 Cup Inc. Juice)	Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Cherries (1/2 Cup)	Warm Scalloped Apples
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated

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Week 3					
Date	Monday 10/26/2009	Tuesday 10/27/2009	Wednesday 10/28/2009	Thursday 10/29/2009	Friday 10/30/2009
					Halloween Party
Entrée	Polynesian Chicken Breast (3 oz.)	Pasta Beef & Tomato Casserole (8 oz.)	Brunswick Stew: Pork & Chicken w/ Hearty Mixed Vegetables (8 oz.)	Open Face Roast Beef (3 oz.) Sandwich w/ Low Sodium Gravy	All Beef Hotdog w/ Mustard, Ketchup, Diced Onion & Relish
Vegetables	Scalloped Potatoes	Peas & Carrots	Brown Bean Salad	Mashed Potatoes w/ Low Sodium Gravy	Petrified Potato Salad
	Key West Vegetable Blend	Tossed Salad (3/4 Cup) w/ Italian Dressing	Marinated Cucumbers & Tomatoes	Creole Green Beans	Bubblin' Baked Beans
Bread	Multigrain Roll, 2 oz.	Italian Bread, 1	Corn Bread, 2 oz.	Whole Wheat Bread, 2	Witchy Whole Wheat Bun
Fat Exchange	Fortified Margarine	Fortified Margarine	Fortified Margarine	Fortified Margarine	Mayonnaise (See Vegetable)
Fruit	Tropical Fruit Salad	Fresh Grapes	Fresh Orange	Fresh Yellow Delicious Apple	Frighten' Orange Fruited Gelatin
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated

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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
					Tongue Twister Day
Entrée	Stir-Fried Beef w/ Sugar Snap Peas (8 oz. Beef & Sauce) over Seasoned Rice (1/2 Cup)	Egg & Ham Bake (6 oz.)	Tuna Salad (3 oz.) Sandwich	Baked Ziti w/ Four Cheeses (8 oz.)	Baked Oven Crispy Chicken (3 oz.)
Vegetables	Vegetable Egg Roll w/ Sweet & Sour Sauce	O'Brien Potatoes	Cheesy Pea Salad	Herbed Green Beans	Baked Potato (3 oz.) w/ Sour Cream
	Far East Vegetable Blend	Carrot Raisin Salad	Navy Bean Soup (8 oz.) w/Low Sodium Crackers	Tossed Salad (3/4 Cup) w/ Ranch Dressing	Confetti Corn
Bread	Egg Roll (See Vegetable)	See Above (Whole Wheat Bread in Entrée)	Croissant, 1.5 oz.	Whole Wheat Bread, 1	Whole Wheat Bread, 1
Fat Exchange	Margarine (See Entrée & Vegetable)	Margarine (See Vegetable)	Mayonnaise (See Entrée & Vegetable)	Fortified Margarine	Fortified Margarine
Fruit	Mandarin Oranges & Pineapple Tidbits	Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Strawberries (1/2 Cup Inc. Juice)	Fresh Pear	Fresh Banana	Fresh Grapes
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated

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Week 5					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	11/9/2009	11/10/2009	11/11/2009	11/12/2009	11/13/2009
		Veteran's Day			World Kindness Day
Entrée	Turkey Tetrazzini w/ Rotini Pasta (8 oz.) w/ Cheddar Cheese	Roast Pork (3 oz.)	Spaghetti w/ Meat Sauce (6 oz.) over Spaghetti Noodles (1/2 Cup) w/ Parmesan Cheese	Breaded Fish (3 oz.) Sandwich w/ Cheese & Tartar Sauce	Baked Meatloaf (3oz.)
Vegetables	Spicy Buttered Carrots	Mashed Potatoes w/Low Sodium Gravy	Prince Edward Vegetable Blend	Au Gratin Potatoes	Mashed Potatoes w/ Low Sodium Gravy
	Diced Pickled Beets & Onions	Brussels Sprouts w/ Low Sodium Cheese Sauce	Tossed Salad (3/4 Cup) w/ Italian Dressing	Key West Vegetable Blend	Marinated Green Bean & Pea Salad
Bread	Whole Wheat Bread, 1	Multigrain Roll, 2 oz.	Italian Bread, 1	Whole Wheat Bun	Pumpnickel Bread, 1
Fat Exchange	Fortified Margarine	Fortified Margarine	Fortified Margarine	Mayonnaise & Margarine (See Vegetable & Tartar Sauce)	Fortified Margarine
Fruit	Fresh Yellow Delicious Apple	Chilled Blueberry Crisp	Fresh Orange	Ambrosia	Fresh Banana
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated

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Week 6					
	Monday	Tuesday	Wednesday	Thursday	Friday
	11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009
				Thanksgiving Party	
Entrée	Swedish Meatballs (3 oz.) over Egg Noodles (1/2 Cup)	Turkey Ham (2 oz.) & Swiss Cheese (1 oz.) Wrap Sandwich w/ Mustard Packet	Baked Cheese Omelet (1) w/Sausage Links (3)	Roast Turkey (3 oz.) w/ Low Sodium Gravy & Bread Dressing (1/2 Cup)	Hearty Beef Stew (8 oz.) w/ Mixed Vegetables
Vegetables	Diced Carrots	Macaroni Salad w/ Vegetables	Parsley Roasted Red Skin Potatoes	Whipped Sweet Potatoes	Spinach Salad (3/4 Cup) w/ Mushroom & Egg garnish w/ French Dressing
	Brown Bean Salad	Minestrone Soup (8 oz.) w/ Low Sodium Crackers	Orange Juice (100% Juice), 4 oz.	Green Bean Amandine	Fruited Gelatin
Bread	Whole Wheat Bread, 1	Honey Wheat Wrap (9 ")	Fruit Muffin, 2 oz.	Cranberry Sauce (1/2 Cup)	Multigrain Roll, 2 oz.
Fat Exchange	Fortified Margarine	Mayonnaise (See Vegetable)	Fortified Margarine	Margarine (See Vegetable)	Fortified Margarine
Fruit	Diced Peaches	Fresh Pear	Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Strawberries (1/2 Cup Inc. Juice)	Pumpkin Pie w/ Whipped Topping	Fresh Grapes
Milk	1%	1%	1%	1%	1%
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated