

Macomb County Senior Nutrition Program Lunch Menus

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Date	11/23/2009	11/24/2009	11/25/2009	11/26/2009	11/27/2009
			Birthday Party	AGENCY CLOSED	AGENCY CLOSED
Entrée	Teriyaki Chicken Legs (3 oz.) w/ Teriyaki Sauce & Rice Pilaf (1/2 Cup)	Macaroni & Cheese (6 oz.)	Stuffed Cabbage (3 oz.) w/ Meat Sauce		
Vegetables	Herbed Green Beans	Peas & Pearl Onions	Mashed Potatoes w/ Tomato Gravy		
	Far East Slaw	Diced Pickled Beets & Onions	Tossed Salad (3/4 Cup) w/ Italian Dressing		
Bread	Rice (SeeEntree)	Whole Wheat Bread, 1	Multigrain Roll, 2 oz.		
Fat Exchange	Mayonnaise (See Vegetable)	Fortified Margarine	Fortified Margarine		
Fruit	Apricots, 4	Fresh Yellow Delicious Apple	Angel Food Cake w/ Frozen/Thawed Strawberries (1/2 Cup Inc. Juice)		
Milk	1%	1%	1%		
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated		

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Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Date	11/30/2009	12/1/2009	12/2/2009	12/3/2009	12/4/2009
		World's AIDS Day			
Entrée	Salisbury Steak (3oz.)	Polynesian Chicken Breast (3 oz.) over Rice Pilaf (1/2 Cup)	Baked Cheese Omelet (1) w/ Sausage Links (3)	<u>Submarine Sandwich:</u> Turkey Ham, Turkey & American Cheese (3 oz.) w/ Italian Dressing Packet	Chili Con Carne (8 oz.) w/ Beans
Vegetables	Mashed Potatoes w/ Low Sodium Gravy	Key West Vegetable Blend	O'Brien Potatoes	Pasta Salad w/ Vegetables	Baked Potato (3 oz.) w/ Sour Cream
	Spicy Buttered Carrots	Tossed Salad (3/4 Cup) w/ French Dressing	Orange Juice (100% Juice), 4 oz.	Beef Barley Soup (8 oz.) w/ Low Sodium Crackers	Broccoli Raisin Salad
Bread	Whole Wheat Bread, 1	Multigrain Roll, 2 oz.	Fruit Muffin, 2 oz.	Submarine Bun	Oyster Crackers
Fat Exchange	Fortified Margarine	Fortified Margarine	Fortified Margarine	Italian Dressing (See Entrée & Vegetable)	Fortified Margarine
Fruit	Tropical Fruit Salad	Fresh Grapes	Vanilla Yogurt (1/4 Cup) w/ Frozen - Thawed Strawberries (1/2 Cup Inc. Juice)	Fresh Banana	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 12/7/2009	Tuesday 12/8/2009	Wednesday 12/9/2009	Thursday 12/10/2009	Friday 12/11/2009
	Pearl Harbor Remembrance		Birthday Party		
Entrée	Veal Parmesan: Breaded Veal (3 oz.) w/ Melted Mozzarella Cheese & Marinara Sauce (2 oz.) over Veal w/ Penne Pasta Mixed w/ Marinara Sauce (1/2 Cup) & Parmesan Cheese Packet	Hamburger (3 o.z) w/ Cheese, Mustard, Ketchup, Lettuce & Tomato Garnish	Roast Pork (3 oz.) w/ Applesauce (4 oz.)	Chicken Broccoli Rice Casserole (8 oz.) w/ Cheddar Cheese	Swedish Meatballs (3oz.) over Egg Noodles (1/2 Cup)
Vegetables	Prince Charles Vegetable Blend	Parsley Roasted Red Skin Potatoes	Mashed Potatoes w/ Low Sodium Gravy	Corn O'Brien	Zucchini & Tomatoes
	Tossed Salad (3/4 Cup) w/ Italian Dressing	Baked Beans	Steamed & Seasoned Cabbage & Carrots	Diced Pickled Beets & Onions	Dilled White Bean Salad
Bread	Whole Wheat Bread, 1	Whole Wheat Bun	Multigrain Roll, 2 oz.	See Above	Pumpernickel Bread, 1
Fat Exchange	Fortified Margarine	Fortified Margarine (See Vegetable)	Fortified Margarine	Fortified Margarine (See Entrée)	Fortified Margarine
Fruit	Fresh Navel Orange	Fruited Gelatin	Frosted Birthday Cake	Fresh Banana	Fresh Yellow Delicious Apple
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	12/14/2009	12/15/2009	12/16/2009	12/17/2009	12/18/2009
				Christmas Party	
Entrée	Sweet & Sour Chicken w/ Snow Peas (6 oz.) over Seasoned Rice (1/2 Cup)	Baked Meatloaf (3 oz.)	Tuna Salad (3 oz.) Sandwich	Marinated Pork Chop, (3 oz.)	Pasta Beef & Tomato Casserole (8 oz.)
Vegetables	Vegetable Egg Roll w/ Sweet & Sour Sauce Packet	Mashed Potatoes w/ Low Sodium Gravy	Cheesy Pea Salad	Baked Potato (3 oz.) w/ Sour Cream	Carrot Coins
	Far East Vegetable Blend	Brussels Sprouts	Minestrone Soup (8 oz.) w/ Low Sodium Crackers	Corn & Green Bean Casserole	Tossed Salad (3/4 Cup) w/ French Dressing
Bread	Egg Roll (See Vegetable)	Whole Wheat Bread, 1	Croissant, 1.5 oz.	Multigrain Roll, 2 oz.	Whole Wheat Bread, 1
Fat Exchange	Fortified Margarine (See Entrée & Vegetable)	Fortified Margarine	Mayonnaise (See Entrée & Vegetable)	Fortified Margarine	Fortified Margarine
Fruit	Fresh Navel Orange	Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Strawberries (1/2 Cup)	Fresh Banana	Chilled Cherry Fruit Crisp	Ambrosia
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	12/21/2009	12/22/2009	12/23/2009	12/24/2009	12/25/2009
				AGENCY CLOSED	AGENCY CLOSED
Entrée	Breaded Fish (3 oz.) Sandwich w/ Cheese & Tartar Sauce	<u>Brunswick Stew:</u> Pork & Chicken w/ Hearty Mixed Vegetables (8oz.)	Spaghetti w/ Meat Sauce (6 oz.) over Spaghetti Noodles (1/2 Cup) w/ Parmesan Cheese Packet		
Vegetables	Scalloped Potatoes	Creamy Confetti Coleslaw w/ Green Peppers	Key West Vegetable Blend		
	Marinated Green Bean & Pea Salad	Brown Bean Salad	Tossed Salad (3/4 Cup) w/ Ranch Dressing		
Bread	Whole Wheat Bun	Biscuit, 2 oz.	Multigrain Roll, 2 oz.		
Fat Exchange	Mayonnaise (See Vegetable & Tartar Sauce)	Fortified Margarine	Fortified Margarine	Fortified Margarine	Fortified Margarine
Fruit	Mandarin Oranges & Pineapple Tidbits	Fresh Grapes	Fresh Yellow Delicious Apple		
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 12/28/2009	Tuesday 12/29/2009	Wednesday 12/30/2009	Thursday 12/31/2009	Friday 1/1/2010
				AGENCY CLOSED	AGENCY CLOSED
Entrée	Baked Ham (3 oz.)	Sloppy Jane (3 oz.) Sandwich	Baked Oven Crispy Chicken (3 oz.)		
Vegetables	Whipped Sweet Potatoes	Parsley Roasted Red Skin Potatoes	Au Gratin Potatoes		
	Diced Harvard Beets	Peas & Carrots	Creole Green Beans		
Bread	Multigrain Roll, 2 oz.	Whole Wheat Bun	Whole Wheat Bread		
Fat Exchange	Fortified Margarine	Fortified Margarine (See Vegetable)	Fortified Margarine		
Fruit	Diced Peaches & Diced Pears	Fresh Navel Orange	Vanilla Yogurt (1/4 Cup) w/ Frozen/Thawed Strawberries (1/2 Cup)		
Milk	1%	1%	1%		
Beverage	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated	Tea, Coffee, Decaffeinated		