



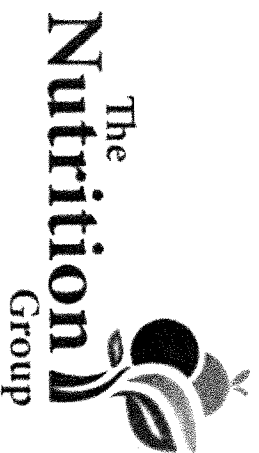
Senior Frozen Menu

WEEK OF: June 8<sup>th</sup> – June 12<sup>th</sup>, 2020

FOOD GROUP	MONDAY June 8, 2020	TUESDAY June 9, 2020	WEDNESDAY June 10, 2020	THURSDAY June 11, 2020	FRIDAY June 12, 2020 Birthday Menu
MEAT, POULTRY, EGGS, FISH, NUTS AND LEGUMES - 3 OZ EDIBLE PORTIONS	3 oz. Chicken breast with 2 oz. Marinara Sauce	1 c tuna noodle casserole with peas	Cowboy hamburger 3 oz Ground Beef 2 oz Onions and Green peppers, Mushrooms	4 oz Cod with Lemon Pepper Seasoning	Open Face Meatloaf Sandwich 3 oz Ground Beef 2 oz Thin Gravy
FRUITS & VEGETABLES 2 - 1/2 CUP SERVINGS DAILY VIT. C 20 MG/DAY	1/2 C Broccoli Florets		1/2 C Italian Green Beans	1/2 C Macaroni & Cheese	1/2 C Savory Potatoes
VITAMIN A 250 MICROGRAMS AVG/WEEK		1/2 C baby carrots cooked		1/2 C Stewed Tomatoes	1/2 C Cauliflower, carrot coins, red peppers
ENRICHED GRAINS/ FIBER 1-2 SERVINGS DAILY	1/2 C Brown Rice 1 sl Bread	1 sl Bread	1 Sandwich bun	1 sl Bread	1 sl Bread
DESSERT - 1/2 CUP OR EQUIVALENT OPTIONAL	1/2 C Pear Cuts	½ C pineapple	½ c Fruit cocktail	½ C pineapple and mandarin oranges	Little Debbie Dessert
MILK - 1/2 PINT (2%, WHOLE, SKIM, BUTTERMILK, CHOCOLATE)	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk

Please be advised that food served here may contain one of the following ingredients:  
milk, egg, fish (cod), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans

rev. 2.20.18



Senior Frozen Menu

WEEK OF: June 15<sup>th</sup> – June 19<sup>th</sup>, 2020

FOOD GROUP	MONDAY June 15, 2020	TUESDAY June 16, 2020	WEDNESDAY June 17, 2020	THURSDAY June 18, 2020	FRIDAY June 19, 2020
MEAT, POULTRY, EGGS, FISH, NUTS AND LEGUMES - 3 OZ EDIBLE PORTIONS	Beef Tips with Gravy 3 oz Beef 1 oz Gravy	4 oz Turkey 2 oz Thin Gravy	2-2oz porcupine meatballs with pepper sauce	3 oz pork loin with 1 oz mustard glaze	4 oz chicken patty with 1 oz mozzarella cheese and marinara sauce
FRUITS & VEGETABLES 2 - 1/2 CUP SERVINGS DAILY VIT. C 20 MG/DAY	1/2 C confetti couscous	1/2 C stuffing	1/2 C Garlic Whipped Potatoes	1/2 C yams with brown sugar and margarine	
VITAMIN A 250 MICROGRAMS AVG/WEEK	1/2 C Orange Glazed Carrots	1/2 C Mixed Vegetables	½ c yellow beans	1/2 C Brussels Sprouts	½ C French cut green beans
ENRICHED GRAINS/ FIBER 1-2 SERVINGS DAILY	1 sl Bread	1 sl Bread	1 sl Bread	1 Dinner Roll	1 sl Bread
DESSERT - 1/2 CUP OR EQUIVALENT OPTIONAL	½ C pears	Orange	1/2 C Peach Cuts	1/2 C applesauce	½ C peaches
MILK - 1/2 PINT (2%, WHOLE, SKIM, BUTTERMILK, CHOCOLATE)	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk	1/2 pt 2% Milk

Please be advised that food served here may contain one of the following ingredients:

milk, egg, fish (cod), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans

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