

**Home Delivered Meals  
Congregate**

**FALL 2009 / WINTER 2010**  
(October 1, 2009 – March 31, 2010)

**Week 1 of 6**

<b>Day, Month, Date</b>	<b>Monday</b> 11/9, 12/21, 2/1, 3/15	<b>Tuesday</b> 11/10, 12/22, 2/2, 3/16	<b>Wednesday</b> 11/11, 12/23, 2/3, 3/17	<b>Thursday</b> 10/1, 11/12, 12/24, 2/4, 3/18	<b>Friday</b> 10/2, 11/13, 12/25, 2/5, 3/19
<b>MEAT OR ALTERNATE 2 OZ.</b>	Chicken and Dumplings	Baked Hamburger	Open Face <u>2</u> oz LS Turkey w/ 2 oz LS Gravy	<u>Beef and Macaroni</u>	Fish Sandwich
<b>VEGETABLES AND FRUITS</b>  <b>2 ½ CUP SERVINGS</b>	Green Beans  Sweet Potatoes@ & Apples	Potato Wedges  Baked Beans  Sliced <u>Tomato</u> , Onion, Lettuce	<u>Mashed Pot.</u>  Peas & Carrots@	Corn  1C Tossed Salad w/ <u>Tomato</u> Wedge	<u>Coleslaw w/ Carrots@</u>  Parsley Potatoes
<b>BREAD &amp; GRAINS</b> <b>2 SERVINGS</b>	Wheat Roll  (Angel Food Ck)	Hamburger Bun	Wheat Roll	Italian Bread	Hamburger Bun
<b>FAT</b>	Jelly	Ketchup & Mustard	Marg & Jelly	Salad Dressing Jelly	
<b>DESSERT</b> <b>½ CUP SERVING</b>	Angel Food Cake	Brownie	Choc. Chip Cookies  <u>Vit C. For. Fruit Juice</u>	<u>Orange</u>	Apple Juice
<b>MILK (DAIRY)</b> <b>½ PINT</b>	2% Milk	2% Milk	2% Milk	2% Milk	Skim Milk

\*Fruits may be fresh, frozen, canned, or dried.

\*\* Vegetables may be fresh, frozen or dried. Canned vegetables are indicated due to high sodium content.

If canned vegetables are used they must first be soaked, rinsed, drained at least twice to reduce the amount of Sodium.

*Ada L. Dunn, MS, RD, LDN*  
R725671  
Exp 4/11

Approved By: \_\_\_\_\_  
Dietitian/Nutritionist

<b>Day, Month, Date</b>	<b>Monday</b> 10/5, 11/16, 12/28, 2/8, 3/22	<b>Tuesday</b> 10/6, 11/17, 12/29, 2/9, 3/23	<b>Wednesday</b> 10/7, 11/18, 12/30, 2/10, 3/24	<b>Thursday</b> 10/8, 11/19, 12/31, 2/11, 3/25	<b>Friday</b> 10/9, 11/20, 1/1, 2/12, 3/26
<b>MEAT OR ALTERNATE 2 OZ.</b>	BBQ Chicken	Chuckwagon Steak (LS) w/ (LS) Brown Gravy	Fish Wedge	Spaghetti w/ meat sauce	Pork Tips w/ LS Gravy
<b>VEGETABLES AND FRUITS</b>	Baked Potato	Boiled/Stewed Potatoes	French Fries	Tossed Salad w/ <u>Tomato Wedges</u>	Peas and Carrots@
<b>2 ½ CUP SERVINGS</b>	<u>Greens of Choice</u>	<u>California Blend Vegetables@</u>	<u>Coleslaw w/Carrots@</u>	Corn	Fruit Salad
<b>BREAD &amp; GRAINS 2 SERVINGS</b>	Cornbread or Corn Muffin (2 oz)	Wheat Roll (5 Van Wafers)	Hushpuppies (3) (Apple Jack)	French/Italian Bread (Pasta from Spag)	Wheat Roll Noodles
<b>FAT</b>				Margarine FF Salad Dressing	Jelly Margarine
<b>DESSERT ½ CUP SERVING</b>	Fruit Parfait 3 sq. Graham Crackers	<u>Chocolate Pudding</u> 5 Van Wafers	Apple Jack	Peaches@	
<b>MILK (DAIRY) ½ PINT</b>	2% Milk	2% Milk	Skim Milk	2% Milk	2% Milk

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2725671  
Exp 4/11

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**FALL 2009/ WINTER 2010**  
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**Week 3 of 6**

<b>Day, Month, Date</b>	<b>Monday</b> 10/12, 11/23, 1/4, 2/15, 3/29	<b>Tuesday</b> 10/13, 11/24, 1/5, 2/16, 3/30	<b>Wednesday</b> 10/14, 11/25, 1/6, 2/17, 3/31	<b>Thursday</b> 10/15, 11/26, 1/7, 2/18	<b>Friday</b> 10/16, 11/27 1/8, 2/19
<b>MEAT OR ALTERNANT 2 OZ</b>	3 oz Meat Balls w/ 1oz LS Gravy	Baked Ham	Leaned/Baked Salisbury Steak w/low fat Gravy	SF Baked Chicken	3 oz BBQ Pork
<b>VEGETABLES OR FRUITS</b>	<u>Mashed Potatoes</u> <u>Vit C Fort</u>	Sweet Potato patties@	Steamed Carrots@	Green Beans	Potato Wedges
<b>2 ½ CUP SERVINGS</b>	Lima Beans	<u>Broccoli @</u>	Scallop Potatoes	(Banana)	<u>Slaw</u> w/carrots@
<b>BREAD &amp; GRAINS 2 SERVINGS</b>	Biscuit (2 oz)	Roll (Bread from Bread Pudding)	Roll (Cereal from Rice Krispy Trt)	Dinner Roll Rice Pilaf	Hamburger Bun
<b>FAT</b>	Jelly	Margarine 1 Tbsp. Sour Cream	Jelly	Jelly	
<b>DESSERT ½ CUP SERVING</b>	1 oz. Fresh Baked Cookie(s)	Peach Bread Pudding	Rice Krispy Treat <u>Vit. C Fort.</u> <u>Fruit Juice</u>	½ cup Vanilla Pudding w/ Banana	Apple
<b>MILK (DAIRY) ½ PINT</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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**FALL 2009/ WINTER 2010**  
(October 1, 2009 – March 31, 2010)

**Week 4 of 6**

<b>Day, Month, Date</b>	<b>Monday</b> 10/19, 11/30, 1/11, 2/22	<b>Tuesday</b> 10/20, 12/1, 1/12, 2/23	<b>Wednesday</b> 10/21, 12/2, 1/13, 2/24	<b>Thursday</b> 10/22, 12/3, 1/14, 2/25	<b>Friday</b> 10/23, 12/4, 1/15, 2/26
<b>MEAT OR ALTERNATE 2 OZ.</b>	Baked Meat loaf w/2 oz. <u>Tomato Sauce</u>	LS Beans of Choice	3 oz. Pork Tips in LS Gravy	Teriyaki Chicken	Chili w/ Beef & Beans
<b>VEGETABLES AND FRUITS</b>  <b>2 ½ CUP SERVINGS</b>	<u>Mashed Potatoes</u> (vit C fort)  Green Peas@	<u>Greens@</u>  Harvard Beets	Green Beans  Apple Juice	<u>California Blend Vegetables@</u>  <u>Orange Juice</u>	Tossed Salad w/ <u>Tomato Wedges</u>  Corn
<b>BREAD &amp; GRAINS</b> <b>2 SERVINGS</b>	Wheat Roll (Cake)	Cornbread (Muffin)	Herbed Stuffing Dinner Roll	Roll Brown Rice	4 LS Crackers (Cinnamon Roll)
FAT	Jelly		Margarine Jelly	Margarine & Jelly	LF Dressing
<b>DESSERT</b> <b>½ CUP SERVING</b>	Yellow Cake w/Chocolate Icing	Muffin		Rocky Road Pudding	Cinnamon Roll Fresh Fruit
<b>MILK (DAIRY)</b> <b>½ PINT</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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**Week 5 of 6**

<b>Day, Month, Date</b>	<b>Monday</b> 10/26, 12/7, 1/18, 3/1	<b>Tuesday</b> 10/27, 12/8, 1/19, 3/2	<b>Wednesday</b> 10/28, 12/9, 1/20, 3/3	<b>Thursday</b> 10/29, 12/10, 1/21, 3/4	<b>Friday</b> 10/30, 12/11, 1/22, 3/5
<b>MEAT OR ALTERNATE 2 OZ.</b>	Pork Ribs	Baked Chicken Breast (3 oz. meat)	Stew Beef w/ Gravy (3 oz. meat)	6 oz. Turkey Pot Pie with Vegetables	Oven Fried Fish 3 oz
<b>VEGETABLES AND FRUITS  2 ½ CUP SERVINGS</b>	LF Scallop Potatoes  Green Beans	Honey Glazed Carrots@  Crowder Peas	<u>Broccoli@</u>  <u>Orange or 6 oz Orange Juice</u>	Green Beans  Banana	<u>Coleslaw w/ Carrots@</u>  Potato Wedges or French Fries
<b>BREAD &amp; GRAINS 2 SERVINGS</b>	Roll	Cornbread 5 Van Wafers	Wheat Roll Brown Rice	Roll	Hamburger Bun (Crust from cobble)
<b>FAT</b>	Jelly		Margarine & Jelly		
<b>DESSERT ½ CUP SERVING</b>	Angel Food Cake w/ Peaches@ & Whip Topping	<u>Vit C Fortified Juice</u>	Sugar Cookie	Apple Blossom Ring Cake	Fruit Cobbler or Crisp
<b>MILK (DAIRY) ½ PINT</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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**FALL 2008/ WINTER 2009**  
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**Week 6 of 6**

Day, Month, Date	Monday 11/2, 12/14, 1/25, 3/8	Tuesday 11/3, 12/15, 1/26, 3/9	Wednesday 11/4, 12/16, 1/27, 3/10	Thursday 11/5, 12/17, 1/28, 3/11	Friday 11/6, 12/18, 1/29, 3/12
<b>MEAT OR ALTERNATE 2 OZ.</b>	Diced Chicken w/LS Gravy	Spaghetti w/Meat & Tomato Sauce (6 oz. w/2 oz. meat)	½ Cup Macaroni & <u>Tomato</u> 1 Cup Pinto Beans	Baked Beef Patty in Mushroom Gravy	Tuscan Pork Stew (6oz)
<b>VEGETABLES AND FRUITS  2 ½ CUP SERVINGS</b>	<u>Broccoli@</u>  Heavenly Hash	Tossed Salad (1 cup)  <u>Normandy Blend Vegetables@</u>	Greens of Choice  <u>6 oz Orange Juice</u>	<u>Broccoli@</u> w/Cheese Sauce  Fresh Fruit	<u>Mashed Potatoes</u> (Vit. C Fort.)  (Peaches from Dessert)
<b>BREAD &amp; GRAINS 2 SERVINGS</b>	Wheat Roll Brown Rice	Garlic Bread (Pasta in Spag)	Cornbread or Muffin	Wild Rice Wheat Roll	Dinner Roll (Cake)
<b>FAT</b>	Jelly	Reduced Fat Salad Dressing		Jelly	Margarine & Jelly
<b>DESSERT ½ CUP SERVING</b>		Brownie	Apple Struedel Cake		Yellow Cake w/ Peaches@
<b>MILK (DAIRY) ½ PINT</b>	2% Milk	2% Milk	Milk	Milk	Milk

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