

2015
Congregate

Home Delivered Meals
Week 1 of 6

FALL 2014 / WINTER

(October 1, 2014 – March 31, 2015)

Day, Month, Date	Monday 9/29, 11/10, 12/22, 2/2, 3/16	Tuesday 9/30, 12/23, 2/3, 3/17	Wednesday 10/1, 11/12 2/4, 3/18	Thursday 10/2, 11/13, 2/5, 3/19	Friday 10/3, 11/14, 2/6, 3/20
MEAT OR ALTERNATE 2 OZ.	Sweet & Sour Chicken	Baked Hamburger on a Bun	Fish Sticks/Wedge	Beef and Macaroni	Egg Salad Sandwich
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	<u>Steamed Cabbage</u> Spiced Peaches@	Potato Wedges Sliced <u>Tomato</u> , Onion, Lettuce	<u>Coleslaw</u> w/carrots@ Parsley Potatoes	Corn 1C Tossed Salad w/ <u>Tomato</u> Wedge	1 C LS Potato Soup Peas & Carrots@
BREAD & GRAINS 2 SERVINGS	Brown Rice Roll	Hamburger Bun	Cornbread	Roll	4 LS Crackers
FAT	Margarine	Ketchup & Mustard	Tartar Sauce	FF Salad Dressing	
DESSERT ½ CUP SERVING		Seasonal Fruit	Hot Applesauce	Banana	Cookie
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	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 H. Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

Day, Month, Date	Monday 10/6, 11/17, 12/29, 2/9, 3/23	Tuesday 10/7, 11/18, 12/30, 2/10, 3/24	Wednesday 10/8, 11/19, 12/31, 2/11, 3/25	Thursday 10/9, 11/20, 2/12, 3/26	Friday 10/10, 11/21, 1/2, 2/13, 3/27
MEAT OR ALTERNATE 2 OZ.	Shepherd's Pie (w/ 5 Way Mixed Vegetables@ & Mashed Potatoes)	BBQ Chicken	Spaghetti w/ meat sauce w/ 1C Pasta	Pinto Beans	Beef Stroganoff w/ LS Gravy over 1C Noodles
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	Mashed Potatoes (in pie) 5 Way Mixed Vegetables (in pie)	<u>Greens of Choice@</u> <u>Orange</u>	Tossed Salad w/ <u>Tomato Wedges</u> Green Beans	Red Boiled Potatoes Corn	Mixed Vegetables@ (Fruit from Dessert)
BREAD & GRAINS 2 SERVINGS	Roll	Mac & Cheese Corn Muffin or Cornbread	Roll (Pasta from Spag)	Cornbread	Wheat Roll (Noodles)
FAT	Marg/Jelly		FF Salad Dressing Jelly		Margarine
DESSERT ½ CUP SERVING	Angel Cake w/ Fruit		Spiced Apples or Applesauce	Cookie	Fruit Fluff With Cool Whip
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	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.

Adah Dunn, MS, RD, LD
2728671

Approved By: _____
Dietitian/Nutritionist

**Home Delivered
Congregate**

FALL 2014/ WINTER 2015
(October 1, 2014 – March 31, 2015)

Week 3 of 6

Day, Month, Date	Monday 10/13, 11/24, 1/5, 2/16, 3/30	Tuesday 10/14, 11/25, 1/6, 2/17, 3/31	Wednesday 10/15, 11/26, 1/7, 2/18	Thursday 10/16, 1/8, 2/19	Friday 10/17, 1/9, 2/20
MEAT OR ALTERNANT 2 OZ	3 oz Meatballs w/ LS Gravy	Fish Wedge or Sticks with Cheese	Leaned/Baked Salisbury Steak w/low fat Gravy	SF Baked Chicken	3 oz BBQ Pork
VEGETABLES OR FRUITS 2 ½ CUP SERVINGS	<u>Mashed Potatoes</u> <u>Vit C Fort</u> Carrots	French Fries/Pot Wedges Cucumber Salad	<u>Broccoli@</u> <u>Vit C Fort.</u> <u>Fruit Juice</u>	Baked Sweet Potato@ Green Beans	Corn <u>Swt & Sour</u> <u>Slaw</u> w/carrots@
BREAD & GRAINS 2 SERVINGS	Biscuit (2 oz.)	Cornbread	Roll Macaroni and Cheese	Roll (Van Wafers from Dessert)	Hamburger Bun
FAT	Jelly				
DESSERT ½ CUP SERVING	1 oz. Fresh Baked Cookie	Banana	Rice Krispy Treat	½ cup Vanilla Pudding w/ Vanilla Wafers	Spiced Apples or Peaches
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	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 and drained twice to reduce the amount of sodium.

Adah Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

**Home Delivered
Congregate**

FALL 2014/ WINTER 2015
(October 1, 2014 – March 31, 2015)

Week 4 of 6

Day, Month, Date	Monday 10/20, 12/1, 1/12, 2/23	Tuesday 10/21, 12/2, 1/13, 2/24	Wednesday 10/22, 12/3, 1/14, 2/25	Thursday 10/23, 12/4, 1/15, 2/26	Friday 10/24, 12/5, 1/16, 2/27
MEAT OR ALTERNATE 2 OZ.	Baked Meat loaf w/2 oz. <u>Tomato Sauce</u>	BBQ Ribs (2 oz mt.-generally 3 ribs)	Champion Casserole	Stir Fry w/ Veg/Cabbage	<u>Chili w/ Beef & Beans</u> (8 oz.)
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	Mashed Potatoes (vit C fort) Green Peas@	LF Potato Salad Corn	Green Beans Seasonal Fruit	<u>(Veg from Entrée)@</u> <u>(Pineapple from Dessert)</u>	Tossed Salad (Beans from Chili) <u>Orange</u>
BREAD & GRAINS 2 SERVINGS	Wheat Roll (<u>Angel Cake</u>)	Roll	Roll (<u>Noodles from Entrée</u>)	Roll Brown Rice	Cornbread LS Crackers
FAT	Jelly	Jelly	Jelly	Jelly/Margarine	FF Dressing
DESSERT ½ CUP SERVING	Angel Food Cake w/ Fruit	Fruit Cobbler	Graham Crackers (3)	Pineapple Pudding	
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	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 and drained at least twice to reduce the amount of sodium.

Ada H. Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

**Home Delivered
Congregate**

FALL 2013/ WINTER 2014
(October 1, 2013 – March 31, 2014)

Week 5 of 6

Day, Month, Date	Monday 10/27, 12/8, 3/2	Tuesday 10/28, 12/9, 1/20, 3/3	Wednesday 10/29, 12/10, 1/21, 3/4	Thursday 10/30, 12/11, 1/22, 3/5	Friday 10/31, 12/12, 1/23, 3/6
MEAT OR ALTERNATE 2 OZ.	Oven Fried Fish 3 oz	Baked Ziti (3 oz. meat)	Baked Chicken Breast (3 oz. meat)	Taco Casserole	Breaded Pork Ribs
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	<u>Coleslaw w/ Carrots@</u> Potato Wedges or French Fries	Tossed Salad w/ <u>Tomato</u> <u>Broccoli</u>	Sunshine Carrots Crowder Peas	Salad with <u>Tomato</u> Banana	Baked Sweet Potato@ Green Beans
BREAD & GRAINS 2 SERVINGS	Hamburger Bun (Crust from cobbler)	Garlic Roll	Cornbread	Roll Graham Crackers (3)	Roll
FAT				FF Dressing Jelly	Jelly
DESSERT ½ CUP SERVING	Fruit Cobbler or Crisp	Cookie	Spiced Apples		Angel Food Cake w/ Peaches@ & Whip Topping
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	Milk

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

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

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

Ada H. Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

**Home Delivered
Congregate**

FALL 2013/ WINTER 2014
(October 1, 2013 – March 31, 2014)

Week 6 of 6

Day, Month, Date	Monday 11/3, 12/15, 1/26, 3/9	Tuesday 11/4, 12/16, 1/27, 3/10	Wednesday 11/5, 12/17, 1/28, 3/11	Thursday 11/6, 12/18, 1/29, 3/12	Friday 11/7, 12/19, 1/30, 3/13
MEAT OR ALTERNATE 2 OZ.	6 oz. Turkey Pot Pie with Vegetables	Spaghetti w/Meat & Tomato Sauce (6 oz. w/2 oz. meat)	<u>1</u> Cup Pinto Beans 1/2C Mac & Cheese	LS Vegetable Beef Soup@ Pimento Cheese Sandwich	LS Smothered Chicken
VEGETABLES AND FRUITS 2 ½ CUP SERVINGS	Beets <i>(Vegetables from Entrée)</i>	Tossed Salad (1 cup) Vegetable Blend of Choice	<u>Greens of Choice@</u> <u>6 oz Vit C Fort Fruit Juice</u>	(Mixed Vegetables & Potatoes in Soup) Seasonal Fruit	<u>Broccoli/Rice AuGratin @</u> Baby Baker Potatoes
BREAD & GRAINS 2 SERVINGS	Roll (Cake) <i>(Pot Pie Crust)</i>	Garlic Roll (1C Pasta in Spag)	Cornbread or Muffin	LS Crackers <i>(Bread from Sand)</i>	Roll (Cake)
FAT		FF Salad Dressing			
DESSERT ½ CUP SERVING	Pineapple Upside Down Cake				Applesauce Cake
MILK (DAIRY) ½ PINT	Milk	Milk	Milk	Milk	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 and drained at least twice to reduce the amount of sodium.

Ada H. Dunn, MS, RD, LD
2725671

Approved By: _____
Dietitian/Nutritionist

