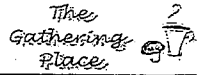



JACKSON COUNTY
SENIOR NUTRITION PROGRAM



Jackson County Department On Aging
CONGREGATE
April 2019

Reservations needed one day in advance: **CALL 768-8684**
LUNCH SERVED AT NOON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Cabbage 19 Red Skin Potatoes 16 Broccoli 5 Cinnamon Applesauce Cup 15 Dinner Roll 15 Milk 11 Total Carbohydrates 81	2 Chicken Drumsticks (2) 8 Garlic Mashed Redskin Potatoes 15 Green Beans 5 Tropical Fruit Salad - 15 Dinner Roll 15 Milk 11 Chef's Choice Dessert ? Total Carbohydrates 69	3 Chicken & Broccoli Rice Casserole 30 Sugar Snap Peas 5 Normandy Blend Vegetables 9 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 85	4 Western Meatloaf 10 Scalloped Potatoes 20 California Blend 9 Fresh Fruit 15 Dinner Roll 15 Milk 11 Fruited Jello 15 Total Carbohydrates 80	5 Tortellini Tomato Soup 22 Garden Salad 10 Creamy Corn & Black Bean Salad 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Fruited Jello 15 Total Carbohydrates 93
8 Pulled Pork on Hamburger Bun 30 Malibu Veg Blend 5 Succotash 10 Fresh Fruit 15 Milk 11 Total Carbohydrates 71	9 Beef Pepper Patty w/Brown Gravy 5 Mashed Potatoes 16 Peas & Carrots 9 Diced Pears 15 Dinner Roll 15 Milk 11 Cookie 17 Total Carbohydrates 88	10 Smothered Chicken Breast 15 Stewed Tomatoes 5 Vegetable Blend 9 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 66	11 Italian Wedding Soup w/Crackers 25 Baked Potato w/Sour Cream 30 Dill Crinkle Carrots 10 Fresh Fruit 15 Milk 11  Total Carbohydrates 91	12 Fish Sandwich 30 Red Skin Potatoes 20 Scandinavian Veg Blend 5 Oranges & Pineapples 15 Dinner Roll 15 Milk 11 Sorbet 10 Total Carbohydrates 106
15 Sloppy Joes on Hamburger Bun 30 Au Gratin Potatoes 15 California Blend Veggies 15 Fresh Fruit 15 Milk 11 Total Carbohydrates 86	16 Meal Sites Closed Staff Training	17 Swedish Meatballs over Rice (6) 30 Broccoli 5 Mixed Veggies 12 Fresh Fruit 15 Dinner Roll 15 Milk 11 Total Carbohydrates 88	18 Scalloped Potatoes & Turkey Ham 30 Green Beans 5 Hot Spiced Apples 20 Dinner Roll 15 Milk 11 Total Carbohydrates 81	19 Garlic Herb Pollock Loin 13 Honey Parisian Carrots 12 Garden Salad w/Croutons 10 Fresh Fruit 15 Milk 11 Ice Cream Cup 15 Total Carbohydrates 76
22 BBQ Ribette on Wheat Bun 37 Cauliflower 5 Mixed Veggies 12 Fresh Fruit 15 Milk 11 Total Carbohydrates 80	23 Cheesy Shells w/ Chicken & Peas 30 Stewed Tomatoes 5 Peas & Carrots 9 Fruit Cocktail 15 Blueberry Muffin 15 Milk 11 Birthday Dessert ? Total Carbohydrates 85	24 Chicken Florentine 30 Served over Pasta 41 California Blend Vegetables 5 Hot Spiced Peaches 20 Dinner Roll 15 Milk 11 Total Carbohydrates 92	25 Pepper Steak over Brown Rice 37 Yellow Squash 5 Country Green Beans 15 Fresh Fruit 15 Dinner Roll 15 Milk 11 Fruited Jello 15 Total Carbohydrates 88	26 Pulled Turkey & Gravy 9 Mashed Potatoes 16 Winter Veggie Blend 5 Fresh Fruit 15 Dinner Roll 15 Milk 11 Fruited Jello 15 Total Carbohydrates 86
29 Beef Ravioli 40 Mixed Veggies 12 Broccoli 5 Fresh Fruit 15 Dinner roll 15 Milk 11 Total Carbohydrates 91	30 Sweet & Sour Chicken over Rice 40 Far East Veggie Blend 7 Brussel Sprouts 8 Fresh Fruit 15 Dinner Roll 15 Milk 11 Chef's Choice Dessert Total Carbohydrates 96	DINNER DANCE: Thursday, April 11 Spring Fling Dinner served 5 PM - 5:30 PM The Ramblers 6 - 9 Reservations (for Dance Only) 788-4364		Menu Seafood Alfredo 35 Caribbean Blend Veggies 9 Garden Salad 10 Tropical Fruit & Dinner Roll 30 Milk 11 Dessert: Key Lime Pie 20 Total Carbohydrates 125

Menus approved by:

* Substitutions by kitchen staff may be made if needed