

Here's What's Cooking for Senior Centers

All meals include 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
				Orange Juice Chef Salad with Ham, Turkey, Egg, Cheese Dressing Macaroni Salad Carrot Raisin Salad Whole Wheat Bread Fruited Jello
Week 2				
Grape Juice Sloppy Joe on Roll Chuckwagon Vegetables Tomato & Mozzarella Salad Apricots	Pineapple Juice Taco Salad Lettuce, Tomato, Cheese Garnish Salad Mexican Rice Tortilla Chips Watermelon	Orange Juice Liver & Onions Mashed Potatoes Lima Beans Cornbread Tangy Cherry Salad	Cranberry Juice Vegetable Lasagna Green Beans Garden Salad with Dressing Wheat Bread Banana	Apple Juice Turkey Divan Scalloped Potatoes Baked Beans Biscuit Seedless Grapes
Week 3				
Orange Juice Roast Pork with Gravy Sweet Potato Casserole Broccoli Wheat Bread Deluxe Fruit Salad	Apple Juice Green Pepper Steak Fluffy Rice Mixed Vegetables Dinner Roll Orange Slices	Grape Juice Oven Fried Chicken Duchess Potatoes Collard Greens Wheat Bread Cantaloupe	Soup of the Day Tuna Salad Sandwich on Whole Wheat Bread Lettuce, Tomato Three Bean Salad (1 cup) Creamy Cucumber Salad Peaches	Cranberry Juice Ground Beef & Macaroni Brussels Sprouts Pacific Blend Vegetables Breadstick Applesauce
Week 4	Brunch for Lunch			
Pineapple Juice Swedish Meatballs Buttered Noodles Orange Glazed Carrots Whole Wheat Bread Citrus Salad	Orange Juice Turkey Sausage Egg Omelette Stewed Tomatoes Hash Brown Potatoes Muffin Pears	Apple Juice Stuffed Cabbage Mashed Potatoes Southern Style Corn Tropical Fruit Salad	Fruit Blend Juice Liver & Onions Mashed Potatoes Party Hearty Beans Cornbread Deluxe Fruit Salad	Grape Juice BBQ Pork Sandwich Honey Mustard Potato Salad Creamy Cucumber Salad Watermelon Apple Crisp
Week 5				
Apple Juice Chicken Marsala Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Honeydew	Soup of the Day Egg Salad Sandwich on Whole Wheat Bread Lettuce Frijole Bean Salad Carrot Sticks & Dip Fresh Apple Slices	Pineapple Juice Salmon Cake Confetti Spaghetti Salad Zucchini Blend Biscuit Mandarin Oranges	Apple Juice BBQ Beef Cubes Parsley Potatoes Baby Sweet Peas Whole Wheat Bread Apricots	Grape Juice Meat Lasagna Three Bean Salad Pacific Blend Vegetables Dinner Roll Banana

For those days where potatoes, corn, beans, & or peas are used for the starch component of the meal, an additional starch such as bread, crackers, or muffins is available all senior centers for those participating in the CACFP program.