

SENIOR NUTRITION PROGRAM 8-WEEK CYCLE FROZEN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	In Addition
WEEK 1 April 3					
Creamy Mushroom Chicken (M,S,W) over Penne Pasta * California Vegetables Whole Kernel Corn	Cheesy Lasagna Roll Up w/Marinara Sauce (W, S, M, E) Green Beans * Winter Vegetables	Oven Baked Fish (F) w/Lemon Herb Sauce (W,M) over Brown Rice * Brussels Sprouts <u>Carrots</u>	Salisbury Steak (M,S,W) w/Gravy (M,S,W) * Garlic Mashed Potatoes (M) <u>Italian Vegetables</u> Green Peas	Pork al Pastor over Spanish Rice * Broccoli <u>Mixed Vegetables</u>	1/2-gallon Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 2 April 10					
WG Spaghetti (W,S) & Meatballs (S,W,M) * Winter Vegetables <u>Carrots</u>	Breaded Pollock (F,W) over Scalloped Potatoes (S,M,W) * Fiesta Vegetables Green Beans	BBQ Chicken over Mashed Potatoes (M) * Brussels Sprouts <u>Bean Medley</u>	Pork Fajita Bowl w/Brown Rice * Broccoli Black Beans	Turkey Rice Bake (M,S,W) * Cauliflower <u>Scandinavian Vegetables</u>	Powdered Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 3 April 17					
Fish Vera Cruz (F) over Orzo Pasta (E,W) <u>Mixed Vegetables</u> Stewed Tomatoes	Chicken Fajita (S) w/Peppers & Onion Brown Rice * California Vegetables	Sweet and Sour (S) Pork over Brown Rice Green Beans * w/Red Peppers <u>Spinach</u>	Turkey Chili w/Beans * Cauliflower <u>Carrots</u>	Beef Pasta Bake (W,S,M) * Broccoli <u>Italian Vegetables</u>	1/2-gallon Milk (M) 2 Oatmeal (W,S,M,E,T), 2 WG Cereal (W) 1 Graham Cracker (S,W) Assorted Fruits/Juices
WEEK 4 April 24					
Turkey Dinner w/Gravy (M,S,W) * Mashed Potatoes (M) <u>Sliced Carrots</u> Green Beans	Oven Baked Fish (F) w/Creamy Florentine Sauce (M,S,W) * Brussels Sprouts Red Diced Potatoes	Meatloaf w/Gravy (S,M,W) * Mashed Potatoes (M) <u>Italian Vegetables</u> Stewed Tomatoes	Chicken Pasta Bake (M,S,W,E) <u>Scandinavian Vegetables</u> * Broccoli	Pork Chile Verde over Brown Rice * Seasoned Cabbage <u>Bean Medley</u>	Powdered Milk (M) 1 loaf of Whole-Wheat Bread (W,S) Assorted Fruits/Juices

EFFECTIVE 4/3/23

KEY: * indicates Vitamin C-rich food

__ indicates Vitamin A rich food

Top 9 Allergens (Key): Milk (M), Egg (E), Wheat (W), Peanut (P), Tree Nut (T), Soy (S), Fish (F), Shellfish (SF), Sesame (SE)
Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain. Please inform the dining services staff if you have a food allergy or celiac disease to decrease your risk of a reaction.