

Area Agency on Aging Region X Menu Plan

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
Salisbury Steak w/ Caramelized Onions Mashed Potatoes w/ Gravy Carrots Tropical Fruit Wheat Roll Coffee/Tea/Milk	Chicken Alfredo w/ Linguini Broccoli Garlic Bread Dark Green Leafy Salad Sliced Pears Coffee/Tea/Milk	Taco Salad - meat, cheese, and beans w/ Lettuce & Tomatoes Pineapple Tostitos Pudding Coffee/Tea/Milk	Chicken Pot Pie Mixed Vegetables Harvard Beets Wheat Roll Plums Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk
8th	9th	10th	11th	12th
Beef Enchiladas Lettuce, Tomatoes, and Onion Refried Beans Spanish Rice Peaches Coffee/Tea/Milk	Chicken Salad Sand celery, onions Cucumber Tomatoes onion salad Potatoes Salad Sliced Wheat Bread Fluff Coffee/Tea/Milk	Baked Ham Sweet Potatoes Green Bean Casserole Wheat Roll Cinnamon Rols Coffee/Tea/Milk	Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Carrots Apricots Wheat Roll Coffee/Tea/Milk	Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Spiced Pineapple warm Coffee/Tea/Milk
15th	16th	17th	18th	19th
Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad Wheat Roll Pound Cake w/ Strawberries Coffee/Tea/Milk	Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Broccoli Salad Apple Salad Coffee/Tea/Milk	Cornbread Pork Cutlet w/ peppered gravy Mashed Potatoes Buttered Carrots Wheat Roll Applesauce Coffee/Tea/Milk	Oven Fried Chicken Mashed Potatoes & Gravy Peas & Carrots Wheat roll Birthday Cake w/ fruit Coffee/Tea/Milk	Cooks Choice Coffee/Tea/Milk
22nd Mid West	23rd Vegetarian	24th Asian	25th Mediterranean	26th Tex Mex
Beef & Noddle's Green Beans Salad w Tomatoes and Spinach Wheat Roll Peach Crisp Coffee/Tea/Milk	Brothy Beans and Greens Spinach Dark Green Leafy Salad Seasoned Garlic Bread Mixed Fruit Coffee/Tea/Milk	Egg Roll Bowl Ground beef & onion Cabbage Top w/ Chow Mein noodles Oriental Vegetables Mandarin Oranges Fortune Cookie Coffee/Tea/Milk	Chicken Kabob in bowl Cucumber and Tomato Salad Greek Potatoes Olive Bread Strawberry Pretzel Salad Coffee/Tea/Milk	Taco Burger Wheat Bun Lettuce tomatoes onion & cheese Beans & Rice Tropical fruit Coffee/Tea/Milk
29th	30th			
Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Casserole Apple Juice Coffee/Tea/Milk	Stuffed Peppers Zucchini and Tomatoes Mexican Corn Wheat Hot Rolls Sweet Mexican Cinnamon Rice Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk