Plan
FY 2012 SEASON Summer/Spring NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN (Revised 02/22/2011)

WEEK 1 OF 6

Menu #	1.	2.	3.	4.	5.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Cubed Steak with Gravy (3 oz. Meat)	Pork Roast w/gravy	Spaghetti (8 oz. Serving of 2 oz. Meat (gr. Turkey)	Baked Chicken Breast with Gravy (3 oz. Meat)	Cheeseburger (2 oz. Meat) (1 oz. Cheese) +
VEGETABLES AND FRUITS 2, ½ CUP	³¼ c Turnip Greens @* (Vinegar)	Green Peas with pearl onions	Tossed Salad with Cucumbers and Tomatoes @	Broccoli Casserole @	Sliced Tomatoes (3) @ on Lettuce
SERVINGS	6 oz Orange Juice	Carrot-Raisin Salad	(1 c. Salad)  Orange Juice	<u>Citrus Salad</u>	Sliced Peaches @
BREAD & COMPLEX	½ c Rice	Whipped Potatoes	***	Whipped Potatoes	½ c Baked Beans
CARBOHYDRATES 2 SERVINGS	Whole Wheat Roll	Roll	Garlic Bread	Roll	Bun
FAT			Ranch Dressing (Reduced Fat)		
DESSERT 1/2 CUP SERVING	Gingerbread (with or without whipped topping)	Pineapple Chunks	Apple Cobbler	Fruit Nutri-grain bar (1.3 oz)	2 Graham Crackers
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS	Stanly, Cab- 2 choc chip cookie	^Pork chops-Stanly, Rowan	Parmesan Cheese (1 T.)		Ketchup, Mustard, Lite Mayo
KEY: Calcium + Cold	Vitamin C Vitamin A	A @ Frozen * Dri April – Sept 2013	ed # Appears in anot	her category *** Chang	ge ^ Holiday Meal H
County	Dates To Be Used			nature	
Certified ByDie	titian/Nutritionist	RD#	Must be appr	oved at least two weeks prio	r to implementation.
Approved by : AAA Administrator		Date Approved:	<u>OR</u>	RIGINALS WITH SIGNA ON FILE AT A	

FY 2012 SEASON Summer/Spring

### NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 2 OF 6

Menu #	6.	7.	8.	9.	10.	
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Turkey Smoked Sausage (Louis Rich) (light) (3 oz. Meat)	Barbecued Chicken (Breast) (3 oz. Meat)	Pepper Steak with peppers and onions w/gravy @ (3 oz. Meat)	Hot Dog with Chili and Chopped Raw Onions (2 oz. Meat - All Beef) (Kahn's/Oscar Mayer)	1 Hard Cooked Egg 2 Sausage Patties	
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS	Steamed Cabbage @ Fruit Cocktail	Squash Casserole @ 6 oz. <u>Orange Juice</u>	Green Beans	Creamy Coleslaw with Shredded Carrots @ 6 oz Apple Juice (100% Vit. C)	1 c Mixed Fruit	
BREAD & COMPLEX CARBOHYDRATES	Sliced New Potatoes	Lima Beans	Rice	Baked Beans	½ c Grits	
2 SERVINGS	Cornbread	Roll	1 biscuit	Bun	1 Medium Biscuit	
FAT			Margarine			
DESSERT 1/2 CUP SERVING	Chocolate Pudding	Melon Cubes	½ c Peaches	Sugar Cookies (2)	6 oz. Pineapple Juice	
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk	
BEVERAGE						
MISCELLANEOUS				Mustard, Ketchup	1 Packet Jelly	
KEY: Calcium + Cold Vitamin C Vitamin A @ Frozen * Dried # Appears in another category *** Change ^ Holiday Meal H April – Sept 2013 County Dates To Be Used April – Sept 2014 Program Director Signature						
Certified By		RD#	Must be appro	oved at least two weeks prior	to implementation.	
Certified By RD# Must be approved at least two weeks prior to implementation.  Dietitian/Nutritionist  Approved by : Date Approved: ORIGINALS WITH SIGNATURES KEPT ON FILE AT AAA						

Menu #	11.	12.	13.	14.	15.			
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Chicken Salad on lettuce leaf & tomato (3 oz. Serving) (2 oz. meat)	Hot Sliced Ham in Pineapple Juice (3 oz. Meat)	Beef-A-Roni (2 oz. Meat) (1/2 c. Macaroni) (8 oz serving)	Large salad with 2 oz turkey and 1 oz shredded cheese, tomatoes, carrot, chopped green peppers, cucumbers	Chicken Parmesan (roasted chicken breast cooked marina sauce)			
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS	1 c Veggie pasta salad (1/2 c veggies, fat free Italian dressing)	Tossed Salad with <u>Tomatoes</u> @ and  Cucumbers (1 c. Salad)  Hot Spiced Peaches @ ^	Green beans  6 oz. Orange Juice  Baked Apples	*** 6 oz. Pineapple Juice	Tossed salad with Tomato, Onion, Celery and Green Pepper			
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	Whole Wheat Bread (2 Slices)	Hashed Brown Potato Casserole Roll	*** Italian Bread	Croutons package 6 wheat saltine crackers low sodium (wrapped)	Garlic bread  ½ c spaghetti noodles			
FAT		Thousand Island Dressing (Reduced Fat)		Lowfat Ranch Dressing	Fat free Italian or Ranch Dressing			
DESSERT 1/2 CUP SERVING	Banana pudding w/bananas and wafers	Chocolate Cake with Chocolate Icing	Peanut Butter Cookies (2)	Brownie w/nuts (No Icing)	Melon Cubes			
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk			
BEVERAGE								
MISCELLANEOUS		^ Cabarrus, Rowan, Union – Cold Sliced Peaches @ Cole slaw-Union	1 T. Parmesan Cheese	Cheeseburger meal- Rowan, Union, Stanly	1 T. Parmesan Cheese			
KEY: Calcium + Cold Vitamin C Vitamin A @ Frozen * Dried # Appears in another category *** Change ^ Holiday Meal H  April – Sept 2013								
County Dates To Be Used April – Sept 2014 Program Director Signature								
Certified By Must be approved at least two weeks prior to implementation.								
Approved by:  AAA Administrator  Dietitian/Nutritionist  Date Approved:  Date Approved:  Date Approved:  Date Approved:  Date Approved:  FILE AT AAA								

# NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

Menu #	16.	17.	18.	19.	20.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Chicken Pot Pie (at least 2 oz chicken,  ½ c veggies) (6oz)	Lasagna (8 oz. Serving of 2 oz. Meat and 1 oz. Cheese) +	Baked Chicken with Gravy (Leg & Thigh) (3 oz. Meat)	Sloppy Joe (3 oz. Meat) ( 4oz serving)	Ham and Cheese on Bun (2 oz. Ham) (1 oz. Cheese) +
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS	Broccoli and Cauliflower @ (1c)	Tossed Salad with <u>Green</u> <u>Pepper</u> @, Carrot and <u>Tomatoes</u> @ (1 c. Salad) <u>6 oz Orange juice</u>	Mixed Greens @ 6 oz Orange Juice	Coleslaw with Carrots @ (light on Mayo)  ***  6 oz. Pineapple Juice	Sliced Tomatoes (3) @ on Lettuce Sliced Peaches
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	*** Whole Wheat Roll	*** Parmesan Cheese/ Garlic breadstick	Whipped Potatoes Roll	Baked Lays Potato Chips (Individual bags) Bun	Potato Salad with <u>Green Pepper</u> @ Whole Wheat Bun
FAT		Ranch/Thousand Island (Reduced Fat)			Mayonnaise (Reduced Fat)
DESSERT 1/2 CUP SERVING	Strawberries * (1/2 c.) on Shortcake w/1 T. Low Fat Whipped Topping ^	½ c Fruited Gelatin	Chocolate Chip Cookies (2)	Applesauce	Nutri-grain Fruit Bar
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS			Vinegar	Cube steak menu (See Thur Wk 5 F/W)	Mustard
CountyCertified By	Vitamin C Vitamin A Dates To Be Used	April – Sept 2013	Program Director S	her category *** Chang Signature roved at least two weeks price	
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FY 2012 SEASON Summer/Spring

#### NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 5 OF 6

Menu #	21.	22.	23.	24.	25.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Oven Fried Chicken Breast (3 oz. Meat)	Egg Salad on Lettuce (3 oz. Meat) (4 oz serving)	Meat Loaf with Brown Gravy (2 oz. Meat) (3 oz serving)	Chicken Alfredo (3 oz diced chicken)	Barbecued Boneless Pork Rib (2 oz. Meat)
VEGETABLES AND FRUITS	Creamy Cole slaw	Sliced Tomatoes on lettuce @	French Style Green Beans	1 C <u>Broccoli, Cauliflower</u> and Carrots @	Steamed <u>Cabbage</u> @
2, 1/2 CUP SERVINGS	Carrots @	Melon Cubes	6 oz. <u>Apple Juice</u>	6 oz <u>Pineapple Juice</u>	6 oz <u>Cranberry-Grape</u> <u>Juice</u>
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	Corn (Mixture of ½ Whole Kernel and ½ Creamed)	Macaroni Salad  ½ whole wheat pita bread	Whipped Potatoes	1 c Bowtie Noodles	Hashed Brown Potato Casserole
	Biscuit		Whole Wheat Roll	Dinner Roll	Cornbread
FAT	Margarine		Margarine		
DESSERT 1/2 CUP SERVING	Fruit Cocktail	Vanilla Pudding	Pears (2 Halves)	Fruited Jello with Mandarin Oranges	½ C Mandarin Oranges
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS		^Cabarrus, Rowan- 2 sl whole wheat bread			Cabarrus –pork chop

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen * April – Sep	Dried #	Appears in another category ***	Change ^	Holiday Meal H
County	Dates	s To Be Used	April – Sep		Program Director Signature		<del>-</del>
Certified By	Dietitian/Nutritionis	t	_ RD#		Must be approved at least tw	o weeks prior to i	mplementation.
Approved by:AAA Administrator			Approved:		ORIGINALS V	/ITH SIGNATI	IRFS KFPT

NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN WEEK 6 OF 6 FY 2012 SEASON Summer/Spring 26. 29. 30. Menu # 27. 28. MAIN ENTREE Turkey and Cheese Salisbury Steak in Gravy Pork Roast with Gravy Turkey Salad **Baked Chicken Breast PROTEIN SOURCE** Sandwich w/Gravy (3 oz Meat) (3 oz. Meat) (2 oz. Chicken in (3 oz. Turkey) 3 oz. Serving) 2 OZ. (2.5 oz. Meat) (1 oz. Cheese) + VEGETABLES AND Sliced Tomatoes (3) @ Turnip Greens @ 1/2 c Peas Green Beans Sliced Tomatoes (3) @ **FRUITS** on Lettuce on Lettuce 2. 1/2 CUP 6 oz. Pineapple Juice 1/2c Carrots @ 6 oz. Apple Juice **SERVINGS** Fruit Cocktail Melon Cubes (100% Vit. C. added) **BREAD & COMPLEX** Potato Salad Potatoes Aug Gratin **Bowtie Noodles** ½ c. Rice Whole Wheat Bread With Green Pepper @ **CARBOHYDRATES** (1/2 cup)(2 Slices) 2 SERVINGS Whole Wheat Roll Biscuit Whole Wheat Bread Roll 2 slices Macaroni Salad FAT Margarine Mayonnaise (Reduced Fat) One Large Fig Bar<sup>^</sup> **Cherry Cobbler DESSERT** Oatmeal Pineapple Upside Down Carrot Cake w/ Low Fat Cream Cheese Icing 1/2 CUP SERVING Cake (1 slice) Cookies (2) 2 % MILK OR CALCIUM 2 % Milk 2 % Milk 2 % Milk 2 % Milk 2 % Milk

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen *	Dried #	Appears in an	other category ***	Change ^	Holiday Meal 1
County	Dates	To Be Used	April – Sept April – Sep		Program Director	Signature		
Certified By	Dietitian/Nutritionist		_RD#		Must be ap	proved at least two v	veeks prior to in	nplementation.
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Vinegar

Mustard
^ Rowan, Stanly –
Chocolate Chip Cookies
(2)

**1/2 PINT** 

**BEVERAGE** 

**MISCELLANEOUS** 

AAA Administrator

FY 2012 SEASON Fall/Winter

NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 1 OF 6

Menu #	1.	2.	3.	4.	5.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Cheeseburger (2 oz. Meat) (1 oz. Cheese) (Thursday's meal)	2 Turkey Sausage Links (2 Oz) 1 Hard Cooked Egg	Pinto Beans # (1 c.)	Baked Sliced Ham With pineapple juice(3 oz. Meat) (Monday's meal)	Chili Con Carne ^ (8 oz. Serving of 2 oz. Meat and 1/2 c. Kidney Beans)
VEGETABLES AND FRUITS	Sliced Tomatoes (3) @ On Lettuce	Escalloped Apples	Okra & Tomatoes	Collard Greens @	Coleslaw (light on mayo.)
2, 1/2 CUP SERVINGS	Hot Spiced or cold Peach Halves @ ^	6 oz Pineapple Juice	6 oz. Orange Juice	Apple Juice (100% Vit. C Added)	***
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	Baked Beans	Grits	Macaroni & Cheese	Great Northern Beans (1/2 c.)	***
	Bun	Biscuit	Cornbread	Whole Wheat Roll	^ Cornbread
FAT		Margarine		Margarine	Margarine
DESSERT ½ CUP SERVING	2 Sugar Cookies			Banana Pudding w/ Baked Apples Bananas and Wafers	
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS	Mustard/Ketchup Gaston, Iredell- Fig Bar	Jelly	Chopped Raw Onions (1 Tablespoon)	Chopped Raw Onions (1 Tablespoon) Vinegar	
KEY: Calcium + Cold	Vitamin C Vitamin A	\ @ Frozen * Dri Feb- March 2013	ed # Appears in anot	ther category *** Chang	ge ^ Holiday Meal H
County	Dates To Be Used		2014 Program Director	Signature	<del></del>
Certified By Diet	titian/Nutritionist	RD#	Must be appr	roved at least two weeks pric	or to implementation.
Approved by:AAA Administrator		_ Date Approved:	ORIC	GINALS WITH SIGNATION ON FILE AT AAA	

Menu #	6.	7.	8.	9.	10.	
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Hamburger Steak with Mushroom Gravy (3 oz. Meat)	Oven Fried Chicken Breast (3 oz. Meat)	Stew Beef with Gravy (3 oz. Meat) (5 oz serving)	Chicken Filet (3 oz.)	BBQ Pork (3 oz. Meat) (3 oz serving)	
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS	Collard Greens @  Pineapple Juice	Mixed Squash @  6 oz. Apple Juice (100% Vit. C Added)	Peas & Carrots @ 6 oz. Orange Juice	Lettuce and <u>Tomato</u> Slices (3) Honey Glazed Carrots@	BBQ Slaw (1/2 cup) Harvard Beets	
				4 oz Cranberry Juice		
BREAD & COMPLEX	Whipped Potatoes	Crowder Peas	Rice	Baked Beans (1/2 cup)	Baked Lays Potato Chips	
CARBOHYDRATES 2 SERVINGS	Roll	Biscuit	Whole Wheat Roll	Bun	(Individual Packages) Bun	
FAT	Margarine	Margarine	Margarine	Mayonnaise (Reduced Fat)		
DESSERT 1/2 CUP SERVING	Sliced Peaches @	Chocolate Pudding	Orange Cake with icing	Pears	Blueberry Cobbler	
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk	
BEVERAGE						
MISCELLANEOUS	Chopped Raw Onions (1 Tablespoon) Vinegar					

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen * Feb- March 2013	Dried #	Appears i	n another category ***	Change ^	Holiday Meal F
County	Dates	To Be Used	Oct 2013 - March		_ Program Directo	or Signature		
Certified By	Dietitian/Nutritionist	RD#_				Must be approved at least two weeks prior to imple		
Approved by:	Dietitian/Nutritionist	Date Approved:				ORIGINALS WITH	I SIGNATUR	ES KEPT
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2 OZ.  (3 oz. Meat)  (4 oz. Meat)  (5 oz. Meat)  (6 oz. Meat)  (7 oz. Meat)  (8 oz. Meat)  (9 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (2 oz. Meat)  (3 oz. Meat)  (4 oz. Meat)  (5 oz. Meat)  (6 oz. Meat)  (6 oz. Meat)  (7 oz. Meat)  (8 oz. Meat)  (8 oz. Meat)  (9 oz. Meat)  (1 oz. Meat)  (2 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (5 oz. Meat)  (6 oz. Meat)  (6 oz. Meat)  (7 oz. Meat)  (8 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (2 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (5 oz. Meat)  (6 oz. Meat)  (6 oz. Meat)  (8 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (1 oz. Meat)  (2 oz. Meat)  (1 oz. Meat)  (2 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (3 oz. Meat)  (5 oz. Meat)  (5 oz. Meat)  (5 oz. Meat)  (6 oz. Me	1 2012 02/10011 14	William Hollandin	COUNTY OR THE EEDER	21 1112110 1 27111	WEEK	<u>,, , , , , , , , , , , , , , , , , , ,</u>
MAIN ENTREE PROTEIN SOURCE 2 OZ.    Couls (Inch) (light) (3 oz. Meat)   Coz. Meat (gr. Turkey)   Chicken Alfredo (3 oz diced chicken)   Chicken Alfredo (3 oz. Meat)   Chicken Alfredo (4 oz. Alfredo (5 oz.	Menu #	11.	12.	13.	14.	15.
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS    Cooked Cabbage @ (1 c.)   Tossed Salad with Green Peppers. Tomato & carrots @ (1 c. Salad)   Tossed Salad with Green Peppers. Tomato & carrots @ (1 c. Salad)   Tossed Salad with Green Peppers. Tomato & carrots @ (1 c. Salad)   Pineapple Juice   Pineapple	PROTEIN SOURCE	(Louis Rich) (light)	(8 oz. Serving of			(2 oz ground beef with low sodium taco seasoning, 1 oz shredded cheese,
Tossed Salad with Green Peppers. Tomato & carrots @ Pineapple Juice  BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS  BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS  Cormbread  Cormbread  Cormbread  Cormbread  Cormbread  Rice Krispie Treat  DESSERT 1/2 CUP SERVING  Rice Krispie Treat  Cherry Cobbler  And Carrots @ Pineapple Juice  Turnip Greens @ 1 c shredded lettt 2 T diced tomato Pineapple Juice  Turnip Greens @ 1 c shredded lettt 2 T diced tomato Pineapple Juice  Turnip Greens @ 1 c shredded lettt 2 T diced tomato Pineapple Juice  Turnip Greens @ 1 c shredded lettt 2 T diced tomato Pineapple Juice  Pineapple Juice  Macaroni and Cheese Cormbread  % c Spanish Ric Cormbread  % c Tortilla Chip FAT  Margarine  Rice Krispie Treat  Cherry Cobbler  Fruited Jello with Mandarin Oranges  Fruited Gelatin  Banana  Fruited Gelatin  Beverage  MISCELLANEOUS  1 T Parmesan Cheese  Vinegar  2 oz mild salas  EY: Calcium + Cold Vitamin C Vitamin A @ Frozen * Dried # Appears in another category *** Change ^ Holiday Meal Program Director Signature						1/3 c pinto beans)
Mandarin Oranges   To Eslady   Pineapple Juice   Pineapple Juice   Pineapple Juice   Orange Juice	FRUITS 2, 1/2 CUP		with Green Peppers,		Turnip Greens @	1 c shredded lettuce, 2 T diced tomatoes
CARBOHYDRATES 2 SERVINGS  Cornbread  Cornbre	SERVINGS	Mandarin Oranges		Pineapple Juice	Pineapple Juice	Orange Juice
Cornbread		New potatoes	(1 c. Noodles)	1 c Bowtie Noodles	Macaroni and Cheese	½ c Spanish Rice
FAT Margarine Ranch/Thousand Island (Reduced Fat)  DESSERT 1/12 CUP SERVING Rice Krispie Treat Cherry Cobbler Fruited Jello with Mandarin Oranges Fruited Gelatin  2 % Milk OR CALCIUM 2 % Milk 3 % Milk 4 % Milk 4 % Milk 4 % Milk 5 % Milk 5 % Milk 6 % Milk			Garlic Bread		Cornbread	, = 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Cherry Cobbler   Fruited Jello with   Mandarin Oranges   Fruited Gelatin   Banana		Cornbread		Dinner Roll		½ c Tortilla Chips
Rice Krispie Treat  Rich Mandarin Oranges  Fruited Gelatin	FAT	Margarine				
BEVERAGE  MISCELLANEOUS  1 T Parmesan Cheese  Vinegar  2 oz mild salsa  (EY: Calcium + Cold Vitamin C Vitamin A @ Frozen * Dried # Appears in another category *** Change ^ Holiday Meal Feb – March 2013  County Dates To Be Used Oct 2013 – March 2014		Rice Krispie Treat	Cherry Cobbler		Fruited Gelatin	Banana
MISCELLANEOUS  1 T Parmesan Cheese  Vinegar  2 oz mild salsa  (EY: Calcium + Cold Vitamin C Vitamin A @ Frozen * Dried # Appears in another category *** Change ^ Holiday Meal Feb - March 2013 County Dates To Be Used Oct 2013 - March 2014 Program Director Signature  Certified By Must be approved at least two weeks prior to implementation.		2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
Zertified By Dates To Be Used RD# RD# RD# March 2013 Appears in another category *** Change ^ Holiday Meal Appears in another category *** Change ^ Holiday Meal Appears in another category *** Change ^ Holiday Meal Program Director Signature Program Director Signature Must be approved at least two weeks prior to implementation.	BEVERAGE					
Feb – March 2013  County Dates To Be Used Cot 2013 – March 2014 Program Director Signature  Certified By	MISCELLANEOUS		1 T Parmesan Cheese		Vinegar	2 oz mild salsa
Certified By Must be approved at least two weeks prior to implementation.		<del></del>	Feb – March 2013	• •	3 ,	ge ^ Holiday Meal H
	County	Dates To Be Used				or to implementation
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16.

Menu #

18.

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19.

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MAIN ENTRÉE PROTEIN SOURCE 2 OZ.	Chicken Pot Pie (6oz) (2 oz chicken)	Meatloaf with Tomato Sauce (2oz. Meat) (3 oz serving)	Beef Stroganoff (2 oz. Meat in 3 oz. Serving with Low Fat Sour Cream)	Grilled Chicken Breast with Gravy (3 oz. Meat)	Barbecued Boneless Pork Rib (2 oz. Meat)
VEGETABLES AND FRUITS 2, 1/2 CUP	Stewed Squash @	Chopped Broccoli @	Peas and Carrots (1 c)	Green Beans (1 c)	Steamed Cabbage@
SERVINGS	Brussels Sprouts	6 oz Orange Juice		6 oz V-8 Juice @ (low sodium)	Fruit Cocktail
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	*** Whole Wheat Roll	Corn (Mixture of ½ Whole Kernel and ½ Creamed)	Egg Noodles	Whipped Potatoes	Crowder Peas
		Whole Wheat Roll	Roll	Biscuit	Roll
FAT			Margarine		Margarine
DESSERT 1/2 CUP SERVING	Strawberries * (1/2 c.) on Shortcake w/1 T. Low Fat Whipped Topping ^	Carrot Cake	Peach Yogurt Parfait with Granola Topping	Pound Cake	Oatmeal Raisin Cookies (2)
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS	Cab- Fig Bar				Stanly, Cab, Rowan- Baked pork chop
County		Feb – March 2013 d Oct 2013 – March 20	D14 Program Direct	other category *** Changor Signature	· · · · · · · · · · · · · · · · · · ·
Certified By RD# Must be approved at least two weeks prior to implementation  Approved by: Date Approved: ORIGINALS WITH SIGNATURES KEPT  AAA Administrator ON FILE AT AAA					

FY 2012 SEASON Fall/Winter

NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 5 OF 6

Menu #	21.	22.	23.	24.	25.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Beef Stew (3 oz. Meat) with ½ c. Mixed Vegetables in 1 c. serving	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)	Pinto Beans # (1 c.)	Cube Steak with Gravy (3 oz. Meat)	Baked Chicken leg and thigh with gravy (3 oz. Meat)
VEGETABLES AND FRUITS 2, ½ CUP	*** Harvard Beets	Coleslaw ^ (Light on Mayo)	Turnip Greens @*	Green Beans	Broccoli @ Cauliflower Medley (Hot)
SERVINGS	Traivara Beets	***	6 oz Orange Juice	6 oz. <u>Pineapple Juice</u>	6 oz Apple Juice (Fortified)
BREAD & COMPLEX	Rice	Sweet Potato Soufflé @^	Macaroni and Cheese	Whipped Potatoes	Black-eyed Peas
CARBOHYDRATES 2 SERVINGS	Roll	Roll	(1/2 c.) Cornbread	Biscuit	Whole Wheat Roll
FAT	Margarine	Maragarine	Margarine	Margarine	Margarine
DESSERT 1/2 CUP SERVING	Brownie (no icing)	Baked Apple		Fruit Cocktail	Sugar Cookies (2)
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS		Cranberry Sauce (1/4 c.)	Chopped Raw Onions (1 T.) / Vinegar		^Stanly-using spaghetti meal Week 3
	Vitamin C Vitamin /	Feb – March 2013		ther category *** Chang	,
County Dertified By	Dates To Be Use	d <u>Oct 2013 – March 20</u> RD#	14 Program Director Must be appr	Signature	or to implementation.
Diet	itian/Nutritionist				<b>F</b>
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FY 2012 SEASON Fall/Winter

# NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 6 OF 6

Menu #	26.	27.	28.	29.	30.
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Lasagna (8 oz. Serving of 2 oz. Meat and 1 oz. Cheese) +	Chicken and Dumplings (2 oz. Meat) (1/2 c. Dumplings) (8 oz serving)	Baked Pork Chop With gravy (2 oz. Meat)	Barbecued Meatballs (6 ½ oz Meatballs)	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)
VEGETABLES AND FRUITS 2, ½ CUP	Tossed Salad with <u>Green</u> <u>Pepper</u> @ Cucumber, Carrot, and <u>Tomato</u> @	Mixed Greens (1c)	Brussels Sprouts @ (1 c)	Squash Casserole	Green Beans
SERVINGS	(1 c. Salad)	Stewed Apples	Applesauce	Apple Juice (Fortified)	6 oz Orange Juice
BREAD & COMPLEX CARBOHYDRATES	***	***	Rice	3/4 c Noodles	Cornbread Dressing
2 SERVINGS	Garlic breadstick	Roll	Roll	Whole Wheat Roll	Sweet Potato Soufflé @^
FAT	Ranch/Thousand Island (Reduced Fat)	Margarine	Margarine		Margarine
DESSERT 1/2 CUP SERVING	Fruited Jello w/ Mandarin Oranges	Fig Bar		Chocolate Chip Cookies (2)	Pineapple Upside-Down Cake
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE					
MISCELLANEOUS			^Rowan, Cab-cabbage		Cranberry Sauce (1/4 c.)

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen *	Dried #	Appears ir	another category ***	Change ^	Holiday Meal H
County	Dates	To Be Used	Feb – March 20 Oct 2013– Marc		Program Dire	ector Signature		· · · · · · · · · · · · · · · · · · ·
Certified By	Dietitian/Nutritionist		RD#		Must be	e approved at least two v	weeks prior to ir	mplementation.
Approved by:AAA Administrator		Da	te Approved:			ORIGINALS WIT	H SIGNATU	RES KEPT

**ON FILE AT AAA** 

Holiday Meals List	July 4th	Grandparents Day	Thanksgiving	Christmas	New Year's Day
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Hot Dog with Chopped Onion (1 Tablespoon) & Chili (1 Tablespoon) (2 oz. Meat)	Sliced Baked Ham with Pineapple juice (3 oz. Meat)	Sliced Roast Turkey Breast with Gravy (3 oz. Meat)	Sliced Baked Ham in Fruit Sauce (3 oz. Meat)	Pork Loin with Gravy (3 oz. Meat)
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS  Coleslaw with Green Peppers and Carrots ©		Broccoli Casserole @*	Green Beans Almandine	Green Peas with Pearl Onions	Collard Greens @*
SERVINOS	***	Apple Juice (Fortified)	Orange Juice	Orange Juice	Cranberry juice
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	Baked Beans	Rice	Cornbread Dressing	Sweet Potato Soufflé @	Black-eyed Peas
Z SERVINOS	Bun	Roll	Cloverleaf Roll	Dinner Roll	Cornbread
FAT				Margarine	Margarine
DESSERT 1/2 CUP SERVING	Watermelon @ 2 sugar cookies	Strawberry Shortcake	Sweet Potato Pie @ (1/6 of 8") (1/8 of 10")	Red Velvet Cake	Escalloped Apples (1/2 c. Apples)
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE	Iced Tea		Coffee	Coffee	
MISCELLANEOUS	Mustard, Ketchup		Cranberry Sauce (1/4 c.)	ry Sauce Vin	

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen *	Dried #	Appears in another category ***	Change ^	Holiday Meal H
County	Dates	s To Be Used FY	′ 13 – FY 15	F	Program Director Signature		
Certified By	<u>.</u>		RD#_	_	Must be approved at least two v	veeks prior to in	nplementation.
· ·	Dietitian/Nutritionist					·	
Approved by:		Date	Approved:				

Approved by: \_\_\_\_\_\_AAA Administrator

Holiday Meals List	Valentine's Day	Easter				
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Oven Fried Chicken Breast (3 oz. Meat)	Honey Baked Ham with Pineapple juice (2 oz. Meat)				
VEGETABLES AND FRUITS 2, 1/2 CUP SERVINGS	Broccoli Spears with Cheese Sauce @ *	Green Beans Almandine 6 oz. Orange Juice				
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	New Sliced Potatoes Whole Wheat Roll	Scalloped Sweet Potatoes @ with Apples Yeast Roll				
FAT	Margarine					
DESSERT 1/2 CUP SERVING	Sponge Cake with Whipped Topping and Strawberries * (1/4 c.)	Decorated Cupcakes				
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk				
BEVERAGE		Iced Tea				
MISCELLANEOUS						
	Vitamin C Vitamin A			another category ***	Change ^	Holiday Meal H
Certified By		d <u>FY 13 – FY 15</u> RD#	Must be	nature approved at least two	weeks prior to in	nplementation.
Approved by:AAA Administrator	titian/Nutritionist	Date Approved:		ORIGINALS WITH	· · · · · · · · · · · · · · · · · · ·	

FY 2012 SEASON Picnic

#### NUTRITION PROGRAM FOR THE ELDERLY MENU PLAN

WEEK 1 OF 1

Seasonal	1	II	III	IV	V
MAIN ENTREE PROTEIN SOURCE 2 OZ.	Ham and Cheese on Bun (2 oz. Ham) (1 oz. Cheese) +	Hot Dog with Chili and Chopped Raw Onions (2 oz. Meat-All Beef) (Kahn's/Oscar Mayer)	Fried Chicken Breast (3 oz. Meat)	Sliced Turkey Sandwich (2 oz. Meat)	Cheeseburger with Chopped Raw Onions (2 oz. Meat)
/EGETABLES AND FRUITS 2, 1/2 CUP	Sliced Tomatoes (3) @ on Lettuce	Creamy Coleslaw with Carrots @	Green Beans	Sliced Tomatoes (3) @ on Lettuce	Sliced Tomatoes (3) @ on Lettuce
SERVINGS	Melon Cubes @	Orange Juice	Whole Peach @	Potato Salad with <u>Green</u> <u>Pepper</u> @	Coleslaw with Carrots @
BREAD & COMPLEX CARBOHYDRATES 2 SERVINGS	Potato Salad with <u>Green Pepper</u> @	Baked Beans	Potato Salad	***	Baked Beans
	Bun	Hot Dog Bun	Whole Wheat Bread	Whole Wheat Bread (2 Slices)	Bun
FAT	Mayonnaise (Reduced Fat)			Mayonnaise (Reduced Fat)	
DESSERT 1/2 CUP SERVING	Wrapped Cookies	Melon Cubes @ 1 sugar cookie	2 Wrapped Cookies	2 chocolate chip cookies	Melon Cubes @ 1 brownie
2 % MILK OR CALCIUM 1/2 PINT	2 % Milk	2 % Milk	2 % Milk	2 % Milk	2 % Milk
BEVERAGE			Apple juice	Pineapple juice	
MISCELLANEOUS	Mustard	Mustard, Ketchup		Mustard	Mustard, Ketchup

KEY: Calcium +	Cold Vitamin C	Vitamin A @	Frozen *	Dried #	Appears in	another category ***	Change ^	Holiday Meal H
County	Dates	To Be Used	FY 13 – FY 15	Prograr	n Director Si	gnature		
Certified By	Dietitian/Nutritionist		_ RD#		Must be	approved at least two v	veeks prior to in	mplementation.
Approved by:AAA Administrator		Date	e Approved:		-	ORIGINALS WIT	H SIGNATU	RES KEPT