

Senior Services of Polk County

November 2023

Monday			Tuesday			Wednesday			Thursday			Friday			Friday Flex		
						Sweet & Sour Meatballs 1 Portion CHO 3 oz 14.9 Confetti Rice 1/2 cup 21.9 Broccoli 1/2 cup 4.1 Wheat Roll 1 each 13 Fortune Cookie 1 each 6.7 Milk 1 each 11.3 Margarine 1 each 0 72 606			Salisbury Steak w/Gravy 2 Portion CHO 1 each 6.4 Roasted Potatoes 1/2 cup 11.3 Brussels Sprouts 1/2 cup 8.3 Cornbread 1 piece 22.5 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 657 Lemon Meringue Pie 1 slice 47.1			Tuna Noodle Au Gratin 3 Portion CHO 1 cup 27.4 California Vegetable Blend 1/2 cup 5.8 Wheat Roll 1 each 13 Rice Krispie Treat 1 each 17.7 Chocolate Milk 1 each 30.6 Margarine 1 each 0 95 662			Asian Chicken Salad* Portion CHO 1.5 cups 7.6 <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Wheat Crackers 2 packs 7.7 Fresh Seasonal Fruit 1 each 17.3 Rice Krispie Treat 1 each 17.7 Chocolate Milk 1 each 30.6 81 604		
Honey Ginger Chicken 6 Portion CHO 1 each 3.7 Glazed Yams 1/2 cup 29.9 Mixed Vegetables 1/2 cup 13.5 Wheat Bread 1 slice 12 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 83 796			Potato Crusted Fish 7 Portion CHO 1 each 15 Steamed Rice 1/2 cup 22.7 Green Beans 1/2 cup 7 Wheat Roll 1 each 13 Turtle Cookie 1 each 21.8 Milk 1 each 11.3 Margarine 1 each 0 91 717			Hamburger Patty 8 Portion CHO 3 oz 2 Lettuce, Tomato, & Onion 1/4 cup 4.5 Roasted Potatoes 1/2 cup 11.3 Garden Vegetable Blend 1/2 cup 11.6 Wheat Hamburger Bun 1 each 30 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Mayonnaise 1 each 0 88 673			Chicken with Peppers & Onion 9 Portion CHO 1/2 cup 1.7 Lettuce & Tomato 1/2 cup 1 Lemon Rice 1/2 cup 23 Zucchini 1/2 cup 3.7 Tortilla 1 each 17.8 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Pecan Pie 1 slice 76 76 538			Closed for Holiday 10					
Turkey a la King 13 Portion CHO 3/4 cup 13.7 Egg Noodles 1/2 cup 20.2 Garden Vegetable Blend 1/2 cup 11.6 Wheat Roll 1 each 13 Oatmeal Raisin Cookie 1 each 22.9 Milk 1 each 11.3 Margarine 1 each 0 94 733			Honey Mustard Chicken 14 Portion CHO 1 each 8.4 Baked Beans 1/2 cup 31.5 Whole Kernel Corn 1/2 cup 21.3 Wheat Roll 1 each 13 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 103 712			Pasta Primavera 15 Portion CHO 1 cup 29.3 Brussels Sprouts 1/2 cup 8.3 Garlic Breadstick 1 each 15 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 Birthday Cake 1 piece 25.6 82 559			Turkey Breast with Poultry Gravy 16 Portion CHO 3 oz 0 1 oz 1.4 Mashed Potatoes 1/2 cup 21.4 Mixed Vegetables 1/2 cup 13.5 Wheat Roll 1 each 13 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 Pumpkin Pie 1 slice 54.3 78 601			BBQ Chicken 17 Portion CHO 1/2 cup 13 Roasted Potatoes 1/2 cup 11.3 Green Beans 1/2 cup 7 Wheat Hamburger Bun 1 each 30 Fresh Seasonal Fruit 1 each 17.3 Chocolate Milk 1 each 30.6 109 685			Cranberry Chicken Salad Portion CHO 1/2 cup 20.1 Broccoli Salad 1/2 cup 3 Wheat Hamburger Bun 1 each 30 Fresh Seasonal Fruit 1 each 17.3 Brownie 1 each 40 Chocolate Milk 1 each 30.6 141 931		
Fajita Chicken 20 Portion CHO 1/2 cup 1.7 Spanish Rice 1/2 cup 19.3 Pinto Beans 1/2 cup 17.7 Flour Tortilla 1 each 17.8 Chocolate Chip Cookie 1 each 25.9 Milk 1 each 11.3 Taco Sauce 1 each 1.8 96 724			Beef Marinara Sauce 21 Portion CHO 1/2 cup 5.1 Penne Pasta 1/2 cup 21.2 Garden Vegetable Blend 1/2 cup 11.6 Garlic Breadstick 1 each 15 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 82 645			Beef with Mushroom Gravy 22 Portion CHO 1 each 4.5 Glazed Yams 1 each 29.9 Green Beans 1/2 cup 7 Wheat Bread 1 slice 12 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 82 653			Closed for Holiday 23			Closed for Holiday 24					
Creamy Paprika Chicken 27 Portion CHO 1 each 8.1 Mashed Potatoes 1/2 cup 21.4 Sliced Carrots 1/2 cup 7.5 Wheat Roll 1 each 13 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 72 590			Cuban Pork 28 Portion CHO 3 oz 5 Black Beans 1/2 cup 24 Plantains 1/2 cup 23.3 Wheat Bread 1 slice 12 Carnival Cookie 1 each 23.8 Milk 1 each 11.3 Margarine 1 each 0 99 676			Chicken Noodle Soup 29 Portion CHO 1 cup 11.5 Baked Potato 1 each 21.3 Harvard Beets 1/2 cup 19.7 Cornbread 1 piece 22.5 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 103 628			Macaroni & Cheese 30 Portion CHO 1 cup 43.5 Whole Kernel Corn 1/2 cup 21.3 Green Beans 1/2 cup 7 Wheat Bread 1 slice 12 Fresh Seasonal Fruit 1 each 17.3 Milk 1 each 11.3 Margarine 1 each 0 Boston Cream Pie 1 slice 45.6 113 856			<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Menus, with the exception of the optional Friday Flex, have been verified to meet the 1/3 of the Dietary Reference Intake (DRI)s. All menus are subject to change. The number of parentheses indicates the carbohydrate exchange. (1)= 15 grams</p> <p>Top Number= Carbohydrates Bottom Number= Calories</p> </div>					



Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate



Denotes pork in recipe

Tammy Kingery, RD, LD