

# Chuckwagon Senior Nutrition Program Menu for January 2012

7Monday		Tuesday		Wednesday		Thursday		Friday									
2	<i>Holiday</i>	3	3 Bean Salad Chicken Marinara Rotini Noodles Cauliflower WW Roll Ice Milk	19 0 7 21 3 14 20	4	German Coleslaw Lemon Pepper Fish Lemon Juice Baked Potato Half Scandanavian Veggies WW Roll Yogurt with Strawberries	10 0 0 32 5 14 22	5	Carrot Date Salad Turkey Tetrazini Peas WW Bread Mandarin Oranges	25 23 11 12 9	6	Tomato Onion Salad Beef Meatloaf Mashed Potato Gravy Lima Beans WW Bread Applesauce	7 5 17 4 16 12 14				
9		7	Beet Onion Salad Vegetarian Vegetable Lasagna Broccoli WW Bread Apricots	9 9 5 12 15	10	Marinated Green Bean Salad Sweet & Sour Pork Brown Rice Oriental Vegetables WW Roll Blushing Pear	7 9 22 4 14 16	11	Black-Eyed Pea Salad Turkey Pot Pie Stewed Tomatoes WW Roll Tropical Fruit Salad	13 22 8 14 17	12	Waldorf Salad Beef Cabbage Roll Mixed Veggies WW Bread Spice Cake	23 19 11 12 34	13	Coleslaw Oven Baked Chicken Creamed Corn Spinach Mix Grain Bread Pears	9 0 23 5 11 16	
16		<i>Holiday</i>	17	Broccoli Salad Baked Fish Florentine Baked Potato Half Country Trio Veggies WW Bread Peaches	7 8 32 10 12 19	18	Carrot Raisin Salad Italian Herb Chicken Pasta Primavera Brussels Sprouts WW Roll Oatmeal Raisin Cookie	25 0 22 6 14 19	19	Tomato Onion Salad Vegetarian Broccoli Cheddar Quiche Harvard Beets WW Roll Pineapple	7 15 22 14 28	20	German Coleslaw BBQ Pork Sandwich On WW Bun Black Beans- Corn-Peppers Plums	10 13 22 16 19			
23			19	Corn Salad Turkey Slice Stuffing Gravy Winter Mix Veg WW Roll Cinnamon Applesauce	19 0 22 3 2 14 13	24	Orange Poppy Seed Salad Pork Pancit Japanese Veggies WW Bread Banana	22 44 3 12 27	25	Apple Slaw Beef Cabbage Roll Peas & Onions WW Bread Ice Milk	12 19 11 12 20	26	Mardi Gras Chicken Lentils & Rice Pilaf Collard Greens with Onion Corn Bread Festive Sunshine Salad	5 25 7 29 14	27	3 Bean Salad Seafood Fettucini Winter Squash WW Bread Tropical Fruit Salad	19 35 9 12 17
30			15	Fresh Orange Grilled Chicken Sandwich Lite Mayo Lettuce-Tomato on WW Bun Mexicali Veggies SF Choc Pudding	0 3 1 22 14	31	Mandarin Oranges Teriyaki Meatballs Brown Rice Oriental Spinach WW Roll Brownie	9 8 22 8 14 24	12	NOTE: WW = Whole Wheat SF = Sugar Free	FYI	170lb man - ~2000 cal	Carbs (mostly complex) should make up ~50% of calories, or ~250g for 2000 cal. - Diabetics spread carbs thru-out day.				