

CHUCKWAGON SENIOR NUTRITION PROGRAM OCTOBER 2009 MENU

<p>COUNTING CARBS?</p> <p>CARBOHYDRATE AMOUNTS SHOWN IN RED</p> <p>MILK – 12 CARBS</p>			<p><u>THURSDAY OCT. 1</u> GARDEN SALAD 4 1000 ISL. DRESSING PORK & VEGGIE FRIED RICE 22 PEAS 11 WHOLE WHEAT BREAD 12 PEACH COBBLER 33</p>	<p><u>FRIDAY OCT. 2</u> 3 BEAN SALAD 19 BEEF LASAGNA 29 CAULIFLOWER 3 DINNER ROLL 13 APRICOTS 15</p>
<p><u>MONDAY OCT. 5</u> TOMATO ZUCCHINI SALAD 10 TURKEY RICE CASSEROLE 42 SPINACH 5 WHOLE WHEAT ROLL 14 FRESH ORANGE 15</p>	<p><u>TUESDAY OCT. 6</u> BLACK EYED PEA SALAD 13 BEEF STROGANOFF 51 OVER NOODLES CABBAGE WEDGE 5 MIXED GRAIN BREAD 11 ICE MILK 20 BIRTHDAY DAY</p>	<p><u>WEDNESDAY OCT. 7</u> COLESLAW 9 CREOLE BAKED FISH 2 BLACK BEANS & RICE 21 COUNTRY TRIO VEGETABLES 10 CORN BREAD 29 CANTALOUPE 7</p>	<p><u>THURSDAY OCT. 8</u> BROCCOLI SALAD 7 GRILLED CHICKEN FILLET W/ HONEY MUSTARD SAUCE 8 BAKED POTATO HALF 32 JAPANESE VEGETABLES 3 WHOLE WHEAT ROLL 14 PEARS 16</p>	<p><u>FRIDAY OCT. 9</u> CARROT RAISIN SALAD 25 HAM & LIMA BEANS 25 WINTER SQUASH 9 DINNER ROLL 13 BROWNIE 24</p>
<p><u>MONDAY OCT. 12</u> CORN SALAD 20 SALISBURY STEAK 6 GRAVY 4 BAKED POTATO HALF 32 CALIFORNIA VEGETABLES 3 MIXED GRAIN BREAD 11 PINEAPPLE 14</p>	<p><u>TUESDAY OCT. 13</u> RAINBOW PASTA SALAD 22 TURKEY BROCCOLI PIE 15 HARVARD BEETS 22 WHOLE WHEAT BREAD 12 BANANA 27</p>	<p><u>WEDNESDAY OCT. 14</u> ORANGE POPPY SEED SALAD 22 HERB BAKED CHICKEN GRAVY 3 MASHED POTATOES 17 MIXED VEGETABLES 11 WHOLE WHEAT ROLL 14 COCONUT PUDDING 26</p>	<p><u>THURSDAY OCT. 15</u> LENTIL VEGETABLE SOUP 20 MAC & CHEESE BAKE 27 BRUSSELS SPROUTS 6 DINNER ROLL 13 HONEYDEW MELON 8</p>	<p><u>FRIDAY OCT. 16</u> PEA-CHEESE SALAD 16 OVEN-BAKED FISH 0 TARTAR SAUCE 1 BROWN RICE 22 CARROTS 6 WHOLE WHEAT BREAD 12 TROPICAL FRUIT SALAD 17</p>
<p><u>MONDAY OCT. 19</u> AMBROSIA 18 CHICKEN STRIPS 16 SALSA 1 LENTILS & RICE 25 BROCCOLI 5 WHOLE WHEAT BREAD 12 OATMEAL RAISIN COOKIE 19</p>	<p><u>TUESDAY OCT. 20</u> WALDORF SALAD 23 BEEF CABBAGE ROLL 19 ITALIAN VEGETABLES 4 WHOLE WHEAT ROLL 14 SUGAR-FREE CHOCOLATE 14 PUDDING</p>	<p><u>WEDNESDAY OCT. 21</u> GERMAN COLESLAW 13 TURKEY SLICE 0 RED POTATOES 22 GRAVY 3 WINTER SQUASH 9 WHOLE WHEAT BREAD 12 PEACHES 19</p>	<p><u>THURSDAY OCT. 22</u> SUNSHINE SALAD 14 BAKED FISH FLORENTINE 8 SUCCOTASH 17 STEWED TOMATOES 8 WHOLE WHEAT ROLL 14 SHERBET 22</p>	<p><u>FRIDAY OCT. 23</u> CARROT-DATE SALAD 25 PORK LOAF 10 SCALLOPED POTATOES 19 WINTER MIX VEGETABLES 2 WHOLE WHEAT ROLL 14 CINNAMON APPLESAUCE 14</p>
<p><u>MONDAY OCT. 26</u> HEARTY SALAD 22 LITE ITALIAN DRESSING SEAFOOD FETTUCCINI 35 COUNTRY TRIO VEGETABLES 10 DINNER ROLL 13 HONEYDEW MELON 8</p>	<p><u>TUESDAY OCT. 27</u> APPLE SLAW 12 BBQ CHICKEN 13 POTATO WEDGES 29 SPINACH 5 CORN BREAD 29 CHOCOLATE CHIP COOKIE 16</p>	<p><u>WEDNESDAY OCT. 28</u> BANANA 27 TURKEY-HAM SLICE 1 SWEET POTATOES 25 SCANDINAVIAN VEGETABLES 5 WHOLE WHEAT BREAD 12 ICE MILK 20 BIRTHDAY DAY</p>	<p><u>THURSDAY OCT. 29</u> CORN SALAD 20 TURKEY POT PIE 22 CAULIFLOWER 3 W/ PAPIKA WHOLE WHEAT ROLL 14 OATMEAL RAISIN BAR 26</p>	<p><u>FRIDAY OCT. 30</u> FESTIVE SUNSHINE SALAD 14 HUNGARIAN GOULASH 33 GREEN BEANS 4 WHOLE WHEAT ROLL 14 PUMPKIN PIE 30 WHIPPED TOPPING HALLOWEEN LUNCH</p>