

# Chuckwagon Senior Nutrition Program Menu for October 2011 - FINAL

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Applesauce Beef Cabbage Roll Mixed Veggies WW Bread SF Chocolate Pudding	14 19 11 12 14	4	Blushing Pear Turkey Ham Pineapple Sauce Baked Potato Half Broccoli WW Bread Ice Milk	16 1 9 32 5 12 20	5	German Coleslaw Grilled Chicken Sandwich Mayo Lettuce-Tomato On WW Bun Peas Yogurt with Blueberries	10 0 3 1 22 11 13	6	Carrot Date Salad Pork Pattie Mushroom Sauce Barley Brussels Sprouts Dinner Roll Honeydew Melon	25 2 3 22 6 13 8	7	3 Bean Salad Seafood Fettucini Spinach WW Roll Mandarin Oranges	19 35 5 14 9
#1867			New #158			New #157		New #175		New #156				
10	Tomato Onion Salad Broccoli Quiche Harvard Beets Mix Grain Bread Apricots	7 15 22 11 15	11	Garden Salad Lite Ranch Dressing Beef Chili Cauliflower Cornbread Peaches	5 4 19 3 29 19	12	Corn Salad Turkey Chef Salad Lite 1000 Island Dressing Fresh Zucchini WW Bread Cantaloupe	19 9 3 2 12 7	13	Marinated Green Bean Salad Teriyaki Chicken Brown Rice Glazed Carrots WW Roll Tropical Fruit Salad	7 2 22 14 14 17	14	Coleslaw BBQ Pork Ribs Red Potatoes Scandinavian Veggies WW Roll Pears	9 13 27 5 14 16
New #174			New #154			#122		New #159		New #160				
17	Cantaloupe Blueberry Salad Chicken Nuggets Honey Black Beans & Rice Country Trio Veggies WW Roll Sugar Cookie	7 13 7 21 10 14 20	18	Sunshine Salad Pork Mushroom Noodle Bake Cabbage Wedge Bread Pudding	14 43 5 21	19	Broccoli Salad Baked Fish Florentine Baked Potato Half Italian Veggies WW Bread Honeydew Melon	7 8 32 4 12 8	20	Fresh Orange Turkey Tetrazini Winter Squash WW Roll Oatmeal Raisin Bar	15 23 9 14 26	21	Orange Poppy Seed Salad Beef Stuffed Peppers Succotash Banana	22 23 17 27
#2239			New #163			New #172		New #165		New #167				
24	Hearty Salad Lite Italian Dressing Pork Chop Suey Brown Rice Oriental Veggies WW Roll Pineapple	22 1 12 22 4 14 14	25	Pea Cheese Salad Lemon Pepper Fish Lemon Juice Creamed Corn Oriental Spinach WW Bread Mandarin Oranges	16 0 0 23 8 12 9	26	3 Bean Salad Chicken Patty Parmesan Rotini Noodles Marinara Sauce Brussels Sprouts WW Roll Ice Milk	19 1 21 6 6 14 20	27	Beet-Onion Salad Beef Cabbage Roll Carrots & Peas Mix Grain Bread Brownie	7 19 9 11 24	28	Apple Slaw Vegetarian Lasagna California Veggies WW Bread Tropical Fruit Salad	12 32 3 12 17
New #173			New #169			New #170		#2187		#1905				
31	German Coleslaw Turkey Slice Gravy Mashed Sweet Potatoes Peas WW Roll Pumpkin Ridding	10 0 3 30 11 14 16					NOTE: WW = Whole Wheat SF = Sugar Free		Red #s are grams of CHO per food item.  Milk	12	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.	