









Senior Menu- January 2010

Eldermount Information:

Menu Substitutions: Derringer is serving Italian Chicken on 1/18/10 but Eldermount is Closed in observance of Martin Luther King, Jr. Day. Instead of Chili with Spaghetti, Eldermount is having a hot dog grill in on 1/29/10.

Monday	Tuesday	Wednesday	Thursday	Friday
	 			 Eldermount is Closed
4 Pineapple Ham Steak Sweet Potato Patties- 2 ea. Cornbread/ Margarine Craisins Sponge Cake Diet: Same	5 Spanish Chicken & Rice Stewed Tomatoes Fiesta Vegetables* Texas Toast Plums *contains mushrooms Diet: Same	6 Fajita Chic Strips Lettuce, diced Tomatoes Shredded Cheese, Sour Cream Corn Tortilla Chips Peach "Cobbler" Mild Taco Sauce Diet: Same	7 Potato Casserole w/diced Chix Broccoli Wheat Bread/ Margarine Apple Treat Animal Cookies Diet: Same	8 Meatloaf w/ Gravy Mashed Potatoes Carrots Bun Mixed Fruit Diet: Same
11 Beef Macaroni Green Beans Sliced Carrots Wheat Bread/ Margarine Mixed Fruit Diet: Same	12 Roast Turkey w/ Gravy Mashed Potatoes Vegetable Medley Grape Juice 100% Dinner Roll/ Margarine Angel Food Cake Diet: Same	13 Swiss Steak w/ Tomatoes, Onions, Peppers O'Brien Potatoes Wheat Dinner Roll/ Margarine Pears Graham Crackers Diet: Same	14 Grilled Chicken w/ BBQ Sauce Potato Wedges Broccoli with Cheese Pineapple Tidbits Bun Diet: Same	15 Cheese Ravioli Italian Vegetables Spinach/ Vinegar Dinner Roll/ Margarine Sliced Peaches Parmesan Cheese B'day Cake Diet: Same  HAPPY BIRTHDAY!
18 Martin Luther King, Jr. Day Eldermount is Closed 	19 Salisbury Steak w/ Gravy Parslied Potatoes Capri Vegetables Wheat Bread w/ Margarine Peaches Knottsberry Cookie Diet: Same	20 Hot Ham & Swiss Tomato Soup (cong) Baked Beans Broccoli Pineapple Tidbits Bun Mustard/ Ketchup Diet: Same	21 Roast Pork w/ Gravy Mashed Potatoes Peas Rye Bread/ Margarine Strawberry Applesauce Animal Cookies Diet: Same	22 Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread (2 slices)/ Margarine Fruit Cocktail Mustard/ Ketchup Diet: Same
25 Open Face Roast Beef w/ Gravy Mashed Potatoes Peas and Onions White Bread/ Margarine Grape Juice 100% Chocolate Cake Diet: Same	26 Baked Chicken w/ Gravy Herb Dressing Broccoli Cauliflower Strawberry Applesauce Wheat Dinner Roll/ Margarine Diet: Same	27 Steak Hoagie w/ Cheese & Onions Broccoli Stewed Tomatoes Bun Fresh Orange Diet: Same Holocaust Memorial Day	28 Chicken Stew Capri Vegetables Cornbread/ Margarine Fruited Jello Goldfish Graham Crackers Diet: Same	29 Chili w/ Spaghetti Vegetable Medley Tossed Salad w/ Italian Cheddar Cheese Saline Crackers (4 Crackers) Baked Cinnamon Apple Slices Hot Dog Grill In For Eldermount Diet: Same

Lunch Components	Serving Size	# Serving
<u>Milk, Fluid</u>	1 cup	1
<u>Fruit or Vegetable or Full-Strength Juice</u>	1/2 cup	2
<u>serve 2 or more vegetables or fruits for a total of 1 cup</u>		
<u>Bread or Bread Alternate cornbread, biscuits, muffins, rolls</u>	1 slice	2
<u>Cooked pasta, noodles, or grains</u>	1/2 cup	
<u>Meat or Meat Alternate lean meat, poultry, fish, cheese, eggs, cooked dry peas, or beans</u>	3 ounces	1
<u>Peanut butter (d) diabetic</u>	1/2 cup / 4tbl.	
<u>Menu subject to change</u>		

ALL MEALS SERVED WITH MILK Margarine is included unless meal is sandwich-style. Menu is subject to change without notice.

Hamburger Grill In Hamburger & Bun Cheese, Tomato Pickle, Onion Mac & Cheese Mustard/Ketchup Fruit Salad	Hot Dog Grill In 1/29 Hot Dog & Bun Mustard/Ketchup Baked Beans Fruit Salad Brownie	Box Lunch Ham & Swiss On Wheat Fresh Apple Potato Salad 3-Bean Salad Fresh Baked Cookie Mayo Milk
Box Lunch: Contents vary depending on the weekly rotation		