

SENIOR MEALS FROZEN MEAL MENU

March-June 2024 Final

NAME: _____

Number of meals _____ per week.

No Bread with Meals [] / No Milk with Meals []

<p>Menu # 1 Western Country Beef Steak Calories: 719 w/Country Gravy Fat: 33% Whipped Potatoes Sodium mg: 1171 Mixed Vegetable Blend Carbs: 87 Whole Wheat Bread 1% Milk</p>	<p>Menu # 7 Swedish Meatballs w/Sauce Calories: 660 Mixed Vegetable Blend Fat: 34% Whipped Potatoes Sodium mg:1167 Wheatberry Sprouted Bread Carbs: 74 1% Milk</p>
<p>Menu # 2 Spaghetti w/Meat Sauce Calories: 685 Spinach Fat: 27% Spiced Peaches Sodium mg: 905 Wheatberry Sprouted Bread Carbs: 93 1% Milk</p>	<p>Menu # 8 BBQ Smokehouse Chop Calories: 649 Whipped Sweet Potatoes Fat: 34% Winter Vegetable Blend Sodium mg: 1094 Whole Wheat Bread Carbs: 78 1% Milk</p>
<p>Menu # 3 Chicken Fajita Bowl/Br Rice Calories: 804 Mixed Vegetable Blend Fat: 32% Cinnamon Applesauce Sodium mg: 589 Wheatberry Sprouted Bread Carbs: 97 1% Milk</p>	<p>Menu # 9 Macaroni & Cheese Calories: 710 Brussel Sprouts Fat: 31% Stewed Tomatoes Sodium mg: 899 Wheatberry Sprouted Bread Carbs: 81 1% Milk</p>
<p>Menu # 4 Baked Ham with Raisin Sauce Calories: 667 Green Peas & Onions Fat: 28% Whipped Sweet Potatoes Sodium mg: 1791 Wheatberry Sprouted Bread Carbs: 82 1% Milk</p>	<p>Menu # 10 Vegetarian Romanoff Calories: 729 Spinach Fat: 26% Spiced Peaches Sodium mg: 938 Wheatberry Sprouted Bread Carbs: 100 1% Milk</p>
<p>Menu # 5 Turkey Tetrizzini Calories: 638 Chuckwagon Corn Fat: 11% Spiced Peaches Sodium mg: 573 Whole Wheat Bread Carbs: 104 1% Milk</p>	<p>Menu # 11 Cheese & Green Chili Bake Calories: 825 Green Peas & Onions Fat: 31% Spiced Peaches Sodium mg: 1078 Whole Wheat Bread Carbs: 107 1% Milk</p>
<p>Menu # 6 Breaded Baked Fish Calories: 750 with Brown Rice Fat: 24% Mixed Vegetable Blend Sodium mg: 880 Pears Carbs: 108 Wheatberry Sprouted Bread 1% Milk</p>	<p>Menu # 12 Egg & Cheese Omelet Calories: 560 with Creole Sauce Fat: 36% Mixed Vegetable Blend Sodium mg: 995 Cinnamon Applesauce Carbs: 64 Whole Wheat Bread 1% Milk</p>

**All menus meet 1/3 of the DRI and have been approved by a Dietitian.
 Meals are diabetic friendly. The suggested donation is \$3.00 per meal.**