

UNION COUNTY  
NUTRITION PROGRAM FOR THE ELDERLY  
MENU PLAN

**COLD –REGULAR  
WEEK 1**

| DATE                                            | 4/1<br>MONDAY               | 4/2<br>TUESDAY                    | 4/3<br>WEDNESDAY    | 4/4<br>THURSDAY      | 4/5<br>FRIDAY                      | 4/7<br>SUNDAY                           |
|-------------------------------------------------|-----------------------------|-----------------------------------|---------------------|----------------------|------------------------------------|-----------------------------------------|
| MEAT OR<br>ALTERNATE<br>3 OZ COOKED<br>PORTIONS | TURKEY<br>SANDWICH          | HAM &<br>CHEESE*<br><br>(*Cheese) | ROAST<br>BEEF       | TUNA<br>SALAD        | CHICKEN<br>SALAD                   | PEANUT<br>BUTTER &<br>JELLY             |
| VEGETABLES<br>AND<br>FRUITS                     | CARROT &<br>RAISIN<br>SALAD | COLE<br>SLAW                      | POTATO<br>SALAD     | GARDEN<br>SALAD      | BLACK BEAN &<br>CORN SALAD         | STEWED<br>FRUIT<br><br>*FRESH<br>BANANA |
| TWO<br>1/2 CUP<br>SERVINGS                      | ORANGE<br>JUICE             | APPLE-GRAPE<br>JUICE              | GRAPE<br>JUICE      | APPLE/CRAN<br>JUICE  | APPLE<br>JUICE                     | FRUIT<br>PUNCH                          |
| REGULAR<br>DESSERT                              | SANDWICH<br>COOKIES         | SLICED<br>PEACHES                 | TAPIOCA<br>PUDDING  | PINEAPPLE<br>TIDBITS | GRAPES or<br>½ CUP SLICED<br>PEARS | FRUIT<br>COCKTAIL                       |
| REGULAR<br>SNACK                                | CRACKERS &<br>PEANUT BUTTER | CEREAL                            | CEREAL              | GRAHAM<br>CRACKERS   | CEREAL                             | CEREAL                                  |
| DIET<br>DESSERT<br>1/2 CUP                      | DIET/SF<br>COOKIES          | Same                              | DIET/NSA<br>PUDDING | Same                 | Same                               | Same                                    |
| DIET<br>SNACK                                   | Same                        | Same                              | Same                | Same                 | Same                               | Same                                    |
| BREAD                                           | RYE                         | WHOLE WHEAT<br>ROLL               | RYE                 | ½ WHEAT PITA         | WHEAT                              | RYE                                     |
| MILK                                            | MILK                        | MILK                              | MILK                | MILK                 | MILK                               | MILK                                    |

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**COLD -REGULAR  
WEEK 2**

| DATE                                            | 4/8<br>MONDAY                             | 4/9<br>TUESDAY                  | 4/10<br>WEDNESDAY                        | 4/11<br>THURSDAY    | 4/12<br>FRIDAY                             | 4/13<br>SUNDAY            |
|-------------------------------------------------|-------------------------------------------|---------------------------------|------------------------------------------|---------------------|--------------------------------------------|---------------------------|
| MEAT OR<br>ALTERNATE<br>3 OZ COOKED<br>PORTIONS | BOLOGNA<br><br>*Turkey                    | TURKEY<br>SALAMI<br>OR PASTRAMI | HAM AND SWISS<br>SANDWICH<br>*Roast Beef | MEATLOAF            | COTTAGE<br>CHEESE                          | CORNERD<br>BEEF           |
| VEGETABLES<br>AND<br>FRUITS                     | CUCUMBER<br>ONION SALAD<br>(Tomato Wedge) | THREE BEAN<br>SALAD             | COLE SLAW                                | POTATO<br>SALAD     | FRESH<br>BANANA<br>or<br>FRUIT<br>COCKTAIL | CARROT<br>RAISIN<br>SALAD |
| TWO<br>1/2 CUP<br>SERVINGS                      | APPLE/GRAPE<br>JUICE                      | ORANGE<br>JUICE                 | ORANGE-<br>PINEAPPLE<br>JUICE            | GRAPE<br>JUICE      | CRAN/APPLE<br>JUICE                        | FRUIT<br>PUNCH            |
| REGULAR<br>DESSERT                              | TROPICAL<br>FRUIT SALAD                   | ANGEL<br>FOOD CAKE              | FRUIT<br>COCKTAIL                        | MANDARIN<br>ORANGES | PUDDING                                    | PEACHES                   |
| REGULAR<br>SNACK                                | CRACKERS &<br>PEANUT BUTTER               | CEREAL                          | FIG NEWTONS                              | CEREAL              | CEREAL                                     | CEREAL                    |
| DIET<br>DESSERT<br>1/2 CUP                      | Same                                      | Same                            | Same                                     | Same                | DIET/NSA<br>PUDDING                        | Same                      |
| DIET<br>SNACK                                   | Same                                      | Same                            | Same                                     | Same                | Same                                       | Same                      |
| BREAD                                           | WHEAT                                     | RYE                             | WHEAT                                    | RYE                 | Whole Wheat<br>Roll                        | WHEAT                     |
| MILK                                            | MILK                                      | MILK                            | MILK                                     | MILK                | MILK                                       | MILK                      |

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**COLD -REGULAR  
WEEK 3**

|                                                 | 4/15<br>MONDAY                       | 4/16<br>TUESDAY        | 4/17<br>WEDNESDAY           | 4/18<br>THURSDAY              | 4/19<br>FRIDAY                | 4/21<br>SUNDAY     |
|-------------------------------------------------|--------------------------------------|------------------------|-----------------------------|-------------------------------|-------------------------------|--------------------|
| DATE                                            |                                      |                        |                             |                               |                               |                    |
| MEAT OR<br>ALTERNATE<br>3 OZ COOKED<br>PORTIONS | PEANUT BUTTER<br>& JELLY             | HAM<br>& CHEESE        | SLICED<br>TURKEY            | CHEDDAR<br>CHEESE<br>SANDWICH | CHICKEN<br>SALAD              | ROAST<br>BEEF      |
| VEGETABLES<br>AND<br>FRUITS                     | STEWED<br>FRUIT<br><br>*Fresh Banana | CARROT<br>RAISIN SALAD | BEAN<br>SALAD               | POTATO<br>SALAD               | BLACK BEAN<br>& CORN<br>SALAD | COLE SLAW          |
| TWO<br>1/2 CUP<br>SERVINGS                      | FRUIT<br>PUNCH                       | APPLE<br>JUICE         | APPLE-GRAPE<br>JUICE        | TOMATO<br>JUICE               | CRAN-APPLE<br>JUICE           | ORANGE<br>JUICE    |
| REGULAR<br>DESSERT                              | FRUIT<br>COCKTAIL                    | COOKIES                | POUND<br>CAKE               | PEACHES                       | PINEAPPLE<br>TIDBITS          | APPLESAUCE         |
| REGULAR<br>SNACK                                | CEREAL                               | GRAHAM<br>CRACKERS     | CRACKERS &<br>PEANUT BUTTER | CEREAL                        | CEREAL                        | COOKIES            |
| DIET<br>DESSERT<br>1/2 CUP                      | Same                                 | DIET<br>COOKIES        | DIET<br>CAKE                | Same                          | Same                          | Same               |
| DIET<br>SNACK                                   | GRAHAM<br>CRACKERS                   | CEREAL                 | CRACKERS &<br>PEANUT BUTTER | CEREAL                        | CEREAL                        | Diet/SF<br>COOKIES |
| BREAD                                           | WHEAT                                | RYE                    | WHEAT                       | RYE                           | WHOLE WHEAT<br>ROLL           | RYE                |
| MILK                                            | MILK                                 | MILK                   | MILK                        | MILK                          | MILK                          | MILK               |

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**COLD -REGULAR  
WEEK 4**

| DATE                                            | 4/22<br>MONDAY                 | 4/23<br>TUESDAY                          | 4/24<br>WEDNESDAY     | 4/25<br>THURSDAY               | 4/26<br>FRIDAY                | 4/28<br>SUNDAY                        |
|-------------------------------------------------|--------------------------------|------------------------------------------|-----------------------|--------------------------------|-------------------------------|---------------------------------------|
| MEAT OR<br>ALTERNATE<br>3 OZ COOKED<br>PORTIONS | SLICED<br>TURKEY               | HAM &<br>CHEESE*<br><br>*Cheese Sandwich | EGG<br>SALAD*         | MUENSTER<br>CHEESE             | MEATLOAF                      | CORNER<br>BEEF WITH<br>MUSTARD<br>156 |
| VEGETABLES<br>AND<br>FRUITS                     | 3 BEAN<br>SALAD                | CUCUMBER &<br>ONION SALAD                | GARDEN<br>SALAD       | COLD<br>SALAD                  | PICKLED<br>BEETS              | COLE<br>SLAW                          |
| TWO<br>1/2 CUP<br>SERVINGS                      | GRAPE<br>JUICE                 | APPLE<br>JUICE                           | CRAN-APPLE            | ORANGE-<br>PINEAPPLE           | APPLE-GRAPE                   | ORANGE<br>JUICE                       |
| REGULAR<br>DESSERT                              | MANDARIN<br>ORANGE<br>SECTIONS | RICE<br>PUDDING                          | FIG<br>NEWTONS        | SLICED<br>PEARS                | TROPICAL<br>FRUIT<br>COCKTAIL | PINEAPPLE<br>TIDBITS                  |
| REGULAR<br>SNACK                                | GRAHAM<br>CRACKERS             | CEREAL                                   | CEREAL                | CRACKERS<br>& PEANUT<br>BUTTER | CEREAL                        | CEREAL                                |
| DIET<br>DESSERT<br>1/2 CUP                      | MANDARIN<br>ORANGE<br>SECTIONS | DIET/NSA<br>PUDDING                      | FIG<br>NEWTONS        | SLICED<br>PEARS                | TROPICAL<br>FRUIT<br>COCKTAIL | PINEAPPLE<br>TIDBITS                  |
| DIET<br>SNACK                                   | GRAHAM<br>CRACKERS             | CEREAL                                   | CEREAL                | CRACKERS<br>& PEANUT<br>BUTTER | CEREAL                        | CEREAL                                |
| BREAD                                           | RYE                            | WHEAT                                    | ½ WHOLE WHEAT<br>PITA | WHEAT                          | RYE                           | WHEAT                                 |
| MILK                                            | MILK                           | MILK                                     | MILK                  | MILK                           | MILK                          | MILK                                  |

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**COLD - REGULAR  
WEEK 5**

| DATE                                            | 4/29<br>MOND/AY               | 4/30<br>TUESDAY             | 5/1<br>WEDNESDAY             | 5/2<br>THURSDAY         | 5/3<br>FRIDAY              | 5/5<br>SUNDAY                             |
|-------------------------------------------------|-------------------------------|-----------------------------|------------------------------|-------------------------|----------------------------|-------------------------------------------|
| MEAT OR<br>ALTERNATE<br>3 OZ COOKED<br>PORTIONS | TURKEY<br>HAM                 | ROAST<br>BEEF<br>SANDWICH   | TUNA<br>SALAD<br><br>*Turkey | COTTAGE<br>CHEESE       | CHICKEN<br>SALAD           | TURKEY<br>SANDWICH                        |
| VEGETABLES<br>AND<br>FRUITS                     | ANCIENT GRAIN<br>& KALE BLEND | DICED<br>PEACHES            | CHOPPED<br>GARDEN SALAD      | COLE SLAW               | BLACK BEAN<br>& CORN SALAD | COLD<br>SALAD                             |
| TWO<br>1/2 CUP<br>SERVINGS                      | FRUIT<br>PUNCH                | APPLE GRAPE<br>JUICE        | CRAN-APPLE<br>JUICE          | GRAPE<br>JUICE          | ORANGE<br>JUICE            | APPLE<br>JUICE                            |
| REGULAR<br>DESSERT                              | SLICED PEARS                  | FRUIT<br>FLAVORED<br>YOGURT | PUDDING                      | TROPICAL<br>FRUIT SALAD | SANDWICH<br>COOKIES        | MANDARIN<br>ORANGES                       |
| REGULAR<br>SNACK                                | CEREAL                        | GRAHAM<br>CRACKERS          | CEREAL                       | CEREAL                  | CEREAL                     | CRACKERS<br>& PEANUT<br>BUTTER &<br>JELLY |
| DIET<br>DESSERT<br>1/2 CUP                      | Same                          | LITE/DIET<br>YOGURT         | Diet<br>Pudding              | Same                    | Diet<br>Cookies            | Same                                      |
| DIET<br>SNACK                                   | Same                          | Same                        | Same                         | Same                    | Same                       | Diet/SF Jelly w/<br>Crackers + PB         |
| BREAD                                           | RYE                           | WHEAT                       | Whole Wheat ROLL             | WHEAT                   | RYE                        | RYE                                       |
| MILK                                            | MILK                          | MILK                        | MILK                         | MILK                    | MILK                       | MILK                                      |