UNION COUNTY
NUTRITION
PROGRAM FOR THE ELDERLY
MENU PLAN

COLD - REGULAR
WEEK 5

1

DATE	**11/27 MONDAY**	**11/28 TUESDAY**	**11/29 WEDNESDAY**	**11/30 THURSDAY**	**FRIDAY 12/1**	**SUNDAY 12/3**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	HAM SANDWICH With Mustard 357	CREAM CHEESE AND JELLY	CHICKEN SALAD	AMERICAN CHEESE	TURKEY SANDWICH (CHICKEN SALAD)	ROAST BEEF SANDWICH
VEGETABLES AND FRUITS	CARROT RAISIN SALAD	APRICOT HALVES	THREE BEAN SALAD	MACARONI SALAD	MACARONI SALAD (THREE BEAN)	COLE SLAW CEREAL
TWO 1/2 CUP SERVINGS	APPLE JUICE	CRANBERRY JUICE	GRAPE JUICE	TOMATO WEDGE	ORANGE JUICE (Tomato Juice)	APPLE JUICE
REGULAR DESSERT	DICED PEARS	BLUEBERRY MUFFIN	PUDDING	MANDARIN ORANGE SECTIONS	MANDARIN ORANGE SECTIONS	APRICOT HALVES
REGULAR SNACK	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	GRAHAM CRACKERS	OATMEAL COOKIES (FIG NEWTONS)	CRACKERS & PEANUT BUTTER & JELLY
DIET DESSERT 1/2 CUP						
DIET SNACK						
BREAD	RYE	RYE	PUMPERNICKLE	WHEAT	WHEAT	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD - REGULAR
WEEK 6

DATE	12/4 MONDAY	12/5 TUESDAY	12/6 WEDNESDAY	12/7 THURSDAY	12/8 FRIDAY	12/9 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	COTTAGE CHEESE	EGG SALAD	TUNA SALAD *(Meatloaf)	TURKEY BREAST	ROAST BEEF 162	CHICKEN SALAD
VEGETABLES AND FRUITS	FRESH BANANA Or DICED PEACHES	PICKLED BEETS CEREAL	POTATO SALAD (Tomato Wedge)	THREE BEAN SALAD	POTATO SALAD	THREE BEAN SALAD
TWO 1/2 CUP SERVINGS	PRUNE JUICE	TOMATO JUICE	ORANGE JUICE	APPLE JUICE	PINEAPPLE JUICE *Cranberry Juice	VEGETABLE JUICE
REGULAR DESSERT	SANDWICH COOKIES	ANGEL FOOD CAKE	DICED PEARS	FRESH FRUIT SALAD	PUDDING	FRUIT COCKTAIL
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CRACKERS & PEANUTBUTTER	CEREAL	CEREAL	CEREAL
DIET DESSERT 1/2 CUP						
DIET SNACK						
BREAD	RYE	WHEAT	WHEAT	RYE	WHEAT	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD –REGULAR
WEEK 1
3

DATE	**12/11 MONDAY**	**12/12 TUESDAY**	**12/13 WEDNESDAY**	**12/14 THURSDAY**	**12/15 FRIDAY**	**12/17 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	MEATLOAF SANDWICH 138	EGG SALAD	TUNA SALAD 355	ROAST BEEF 162	CHICKEN SALAD	TURKEY SANDWICH (CHICKEN SALAD)
VEGETABLES AND FRUITS	MACARONI SALAD	PICKLED BEETS	COLE SLAW CEREAL	POTATO SALAD	THREE BEAN SALAD	MACARONI SALAD CEREAL
TWO 1/2 CUP SERVINGS	TOMATO JUICE	APPLE JUICE	PINEAPPLE JUICE	GRAPE JUICE *CRANBERRY JUICE	CRANBERRY JUICE	TOMATO JUICE
REGULAR DESSERT	PUDDING	APPLES & RAISINS	CAKE	MANDARIN ORANGE SECTIONS	FRUIT COCKTAIL	MANDARIN ORANGE SECTIONS
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CRACKER & JELLY	CEREAL	CEREAL	OATMEAL COOKIES (FIG NEWTONS
DIET DESSERT 1/2 CUP						
DIET SNACK						
BREAD	RYE	WHEAT	WHEAT	RYE	PITA	WHEAT
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD -REGULAR
WEEK 2

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DATE	**12/18 MONDAY**	**12/19 TUESDAY**	**12/20 WEDNESDAY**	**12/21 THURSDAY**	**12/22 FRIDAY**	**12/24 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	COTTAGE CHEESE	MEATLOAF 162 *Roast Beef	PEANUT BUTTER AND JELLY 162	HAM AND SWISS SANDWICH	ROAST BEEF SANDWICH	EGG SALAD 351 Week 1
VEGETABLES AND FRUITS	FRESH BANANA or FRUIT COCKTAIL	POTATO SALAD	FRESH BANANA	CARROT RAISIN SALAD	COLE SLAW _____ CEREAL	PICKLED BEETS CEREAL
TWO 1/2 CUP SERVINGS	APPLE JUICE	PINEAPPLE JUICE *GRAPE JUICE	FRUIT PUNCH	GRAPE JUICE	CRANBERRY JUICE	ORANGE JUICE
REGULAR DESSERT	COOKIES *Pound Cake	FRUIT COCKTAIL	ANGEL FOOD CAKE	APPLESAUCE ** Mand. Oranges	PUDDING	DICED PEARS
REGULAR SNACK	CEREAL	CEREAL	CEREAL	GRAHAM CRACKERS	CEREAL	COOKIES
DIET DESSERT 1/2 CUP						
DIET SNACK						
BREAD	RYE	WHEAT	WHEAT	RYE	RYE	
MILK	MILK	MILK	MILK	MILK	MILK	WHEAT
						MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD -REGULAR
WEEK 3
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MERRY CHRISTMAS
TO ALL.....

DATE	**12/25 MONDAY**	**12/26 TUESDAY**	**12/27 WEDNESDAY**	**12/28 THURSDAY**	**12/29 FRIDAY**	**12/31 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	SLICED TURKEY	CREAM CHEESE AND JELLY	ROAST BEEF SANDWICH	TUNA SALAD	CHICKEN SALAD	
VEGETABLES AND FRUITS	POTATO SALAD	FRUITED JELLO	COLE SLAW CEREAL	POTATO SALAD (Tomato Wedge) **CEREAL	THREE BEAN SALAD	
TWO 1/2 CUP SERVINGS	CRANBERRY JUICE **TOMATO	FRUIT PUNCH	ORANGE JUICE	PINEAPPLE JUICE	APPLE JUICE	TOMATO JUICE *PINEAPPLE JUICE
REGULAR DESSERT	PEACHES & HOLIDAY COOKIES	BLUEBERRY MUFFIN	PUDDING	MARBLE POUND CAKE	FRUIT COCKTAIL	APPLESAUCE
REGULAR SNACK	CEREAL	CEREAL	CEREAL	CRACKERS & PEANUTBUTTER	CEREAL	CEREAL
DIET DESSERT 1/2 CUP						
DIET SNACK						
BREAD	RYE	RYE	RYE	WHEAT	PUMPERNICKLE	WHEAT
MILK	MILK	MILK	MILK	MILK	MILK	MILK