UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD - REGULAR
WEEK 1

DATE	**8/28 MONDAY**	**8/29 TUESDAY**	**8/30 WEDNESDAY**	**8/31 THURSDAY**	**9/1 FRIDAY**	**9/3 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	PEANUT BUTTER AND JELLY	CORNED BEEF	BOLOGNA *Roast Beef	TURKEY	EGG SALAD *(Meatloaf)	TUNA SALAD
VEGETABLES AND FRUITS	CARROT RAISIN SALAD	POTATO SALAD	BEAN SALAD	COLE SLAW	PICKLED BEETS	CUCUMBER & ONION SALAD (Tomato Wedge)
TWO 1/2 CUP SERVINGS	APPLE JUICE	ORANGE JUICE	ORANGE-PINEAPPLE JUICE	FRUIT PUNCH	ICED TEA	CRAN-APPLE JUICE
REGULAR DESSERT	COOKIES	MANDARIN ORANGES	FRUIT COCKTAIL	FIG NEWTONS	DICED PEARS	TROPICAL FRUIT SALAD
REGULAR SNACK	CEREAL	CEREAL	MELBA TOAST	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL
DIET DESSERT 1/2 CUP	Diet/SF Cookies	Same	Same	Same	Same	Same
DIET SNACK	Same	Same	Same	Same	Same	Same
BREAD	RYE	WHEAT	RYE	WHEAT	WHOLE WHEAT PITA	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD –REGULAR
WEEK 2

DATE	**9/4 MONDAY**	**9/5 TUESDAY**	**9/6 WEDNESDAY**	**9/7 THURSDAY**	**9/8 FRIDAY**	**9/10 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	ROAST BEEF	TURKEY SANDWICH	CHICKEN SALAD	HAM & CHEESE (CHICKEN SALAD)	COTTAGE CHEESE	PEANUT BUTTER & JELLY
VEGETABLES AND FRUITS	COLE SLAW	CARROT & RAISIN SALAD	POTATO SALAD	BLACK BEAN & CORN SALAD	FRESH BANANA or FRUIT COCKTAIL	STEWED FRUIT *FRESH BANANA
TWO 1/2 CUP SERVINGS	ORANGE JUICE	APPLE-GRAPE JUICE	APPLE JUICE	APPLE/CRAN JUICE	FRUIT PUNCH	GRAPE JUICE
REGULAR DESSERT	SANDWICH COOKIES	SLICED PEACHES	PINEAPPLE TIDBITS	GRAPES or ½ CUP SLICED PEARS	TAPIOCA PUDDING	FRUIT COCKTAIL
REGULAR SNACK	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	GRAHAM CRACKERS	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	DIET/SF COOKIES	Same	Same	Same	DIET/NSA PUDDING	Same
DIET SNACK	Same	Same	Same	Same	Same	Same
BREAD	RYE	WHOLE WHEAT ROLL	½ WHEAT PITA	RYE	WHEAT	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD -REGULAR
WEEK 3

DATE	**9/11 MONDAY**	**9/12 TUESDAY**	**9/13 WEDNESDAY**	**9/14 THURSDAY**	**9/15 FRIDAY**	**9/17 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	TURKEY SALAMI OR PASTRAMI	BOLOGNA *Turkey	HAM AND SWISS SANDWICH *Roast Beef	MEATLOAF	TUNA SALAD	CORNED BEEF
VEGETABLES AND FRUITS	THREE BEAN SALAD	CUCUMBER ONION SALAD (Tomato Wedge)	COLE SLAW	POTATO SALAD	GARDEN SALAD	CARROT RAISIN SALAD
TWO 1/2 CUP SERVINGS	APPLE/GRAPE JUICE	ORANGE JUICE	ORANGE-PINEAPPLE JUICE	GRAPE JUICE	CRAN/APPLE JUICE	FRUIT PUNCH
REGULAR DESSERT	TROPICAL FRUIT SALAD	ANGEL FOOD CAKE	FRUIT COCKTAIL	PUDDING	MANDARIN ORANGES	PEACHES
REGULAR SNACK	CRACKERS & PEANUT BUTTER	CEREAL	FIG NEWTONS	CEREAL	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	Same	Same	Same	DIET/NSA PUDDING	Same	Same
DIET SNACK	Same	Same	Same	Same	Same	Same
BREAD	WHEAT	RYE	WHEAT	RYE	Whole Wheat Roll	WHEAT
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD -REGULAR
WEEK 4

DATE	**9/18 MONDAY**	**9/19 TUESDAY**	**9/20 WEDNESDAY**	**9/21 THURSDAY**	**9/22 FRIDAY**	**9/24 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	PEANUT BUTTER & JELLY	ROAST BEEF	CHEDDAR CHEESE SANDWICH	CHICKEN SALAD	COTTAGE CHEESE	SLICED TURKEY
VEGETABLES AND FRUITS	STEWED FRUIT *Fresh Banana	POTATO SALAD	CARROT RAISIN SALAD	BEAN SALAD	SLICED PEACHES	COLE SLAW
TWO 1/2 CUP SERVINGS	APPLE-GRAPE JUICE	APPLE JUICE	FRUIT PUNCH	ORANGE JUICE	CRAN-APPLE JUICE	TOMATO JUICE
REGULAR DESSERT	ANGEL FOOD CAKE	FRUIT COCKTAIL	POUND CAKE	APPLESAUCE	PINEAPPLE TIDBITS	PEACHES
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	COOKIES
DIET DESSERT 1/2 CUP	Same	Same	Same	Same	DIET CAKE	Same
DIET SNACK	GRAHAM CRACKERS	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	Diet/SF COOKIES
BREAD	WHEAT	RYE	WHEAT	RYE	WHOLE WHEAT ROLL	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION PROGRAM FOR THE ELDERLY
MENU PLAN

COLD -REGULAR
WEEK 5

DATE	**9/25 MONDAY**	**9/26 TUESDAY**	**9/27 WEDNESDAY**	**9/28 THURSDAY**	**9/29 FRIDAY**	**10/1 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	SLICED TURKEY	HAM & CHEESE* *Cheese Sandwich	EGG SALAD*	MUENSTER CHEESE	MEATLOAF	CORNED BEEF WITH MUSTARD 156
VEGETABLES AND FRUITS	3 BEAN SALAD	PICKLED BEETS	GARDEN SALAD	COLD SALAD	CUCUMBER & ONION SALAD	COLE SLAW
TWO 1/2 CUP SERVINGS	ORANGE-PINEAPPLE	GRAPE JUICE	CRAN-APPLE	APPLE JUICE	APPLE-GRAPE	ORANGE JUICE
REGULAR DESSERT	APPLESAUCE	FIG NEWTONS	TROPICAL FRUIT COCKTAIL	RICE PUDDING	MANDARIN ORANGE SECTIONS	PINEAPPLE TIDBITS
REGULAR SNACK	GRAHAM CRACKERS	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	APPLESAUCE	FIG NEWTONS	TROPICAL FRUIT COCKTAIL	DIET PUDDING	MANDARIN ORANGE SECTIONS	PINEAPPLE TIDBITS
DIET SNACK	GRAHAM CRACKERS	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL
BREAD	RYE	WHEAT	½ WHOLE WHEAT PITA	WHEAT	RYE	WHEAT
MILK	MILK	MILK	MILK	MILK	MILK	MILK

UNION COUNTY
NUTRITION
PROGRAM FOR THE ELDERLY
MENU PLAN

COLD - REGULAR
WEEK 6

DATE	**10/2 MOND/AY**	**10/3 TUESDAY**	**10/4 WEDNESDAY**	**10/5 THURSDAY**	**10/6 FRIDAY**	**10/8 SUNDAY**
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	SHARP CHEDDAR CHEESE	TURKEY HAM	TUNA SALAD *Turkey	ROAST BEEF SANDWICH	CHICKEN SALAD	TURKEY SANDWICH
VEGETABLES AND FRUITS	PICKLED BEETS	CARROT & RAISON SALAD	CHOPPED GARDEN SALAD	COLE SLAW	BLACK BEAN & CORN SALAD	COLD SALAD
TWO 1/2 CUP SERVINGS	CRAN-APPLE JUICE	APPLE GRAPE JUICE	FRUIT PUNCH	GRAPE JUICE	ORANGE JUICE	APPLE JUICE
REGULAR DESSERT	SLICED PEARS	MANDARIN ORANGES	FRUIT FLAVORED YOGURT	APPLE SLICES	PINEAPPLE TIDBITS	PUDDING
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CEREAL	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER & JELLY
DIET DESSERT 1/2 CUP	Same	Same	LITE/DIET YOGURT	Same	Same	Diet Pudding
DIET SNACK	Same	Same	Same	Same	Same	Diet/SF Jelly w/ Crackers + PB
BREAD	RYE	WHEAT	Whole Wheat ROLL	WHEAT	RYE	RYE
MILK	MILK	MILK	MILK	MILK	MILK	MILK