

UNION COUNTY  
NUTRITION PROGRAM FOR THE ELDERLY  
MENU PLAN

**COLD -REGULAR  
WEEK 1**

DATE	4/28 MONDAY	4/29 TUESDAY	4/30 WEDNESDAY	5/1 THURSDAY	5/2 FRIDAY	5/4 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	PEANUT BUTTER & JELLY	HAM & CHEESE  *Cheese	CHICKEN SALAD	CHEDDAR CHEESE SANDWICH	TUNA SALAD	SLICED TURKEY
VEGETABLES AND FRUITS	STEWED FRUIT  *Fresh Banana	CARROT RAISIN SALAD	POTATO SALAD	3 BEAN SALAD	BLACK BEAN & CORN SALAD	COLE SLAW
TWO 1/2 CUP SERVINGS	FRUIT PUNCH	APPLE JUICE	CRAN-APPLE JUICE	ORANGE JUICE	TOMATO JUICE	GRAPE JUICE
REGULAR DESSERT	APPLESAUCE	PEACHES	SHORTBREAD COOKIES	FRUIT FLAVORED YOGURT	PINEAPPLE TIDBITS	FRUIT COCKTAIL
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	Same	Same	Same	Diet/Lite YOGURT	Same	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

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**COLD -REGULAR  
WEEK 2**

DATE	5/5 MONDAY	5/6 TUESDAY	5/7 WEDNESDAY	5/9 THURSDAY	5/10 FRIDAY	5/11 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	HAM & CHEESE*  *Cheese Sandwich	EGG SALAD*	SLICED TURKEY	MEATLOAF	MUENSTER CHEESE	TURKEY SALAMI WITH MUSTARD 156
VEGETABLES AND FRUITS	3 BEAN SALAD	CUCUMBER & ONION SALAD	GARDEN SALAD	COLD SALAD	PICKLED BEETS	COLE SLAW
TWO 1/2 CUP SERVINGS	ORANGE- PINEAPPLE	APPLE JUICE	GRAPE JUICE	CRAN-APPLE	FRUIT PUNCH	ORANGE JUICE
REGULAR DESSERT	RICE PUDDING	MANDARIN ORANGE SECTIONS	COOKIES	SLICED PEARS	TROPICAL FRUIT COCKTAIL	PINEAPPLE TIDBITS
REGULAR SNACK	GRAHAM CRACKERS	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	DIET/NSA PUDDING	MANDARIN ORANGE SECTIONS	SF/DIET COOKIES	SLICED PEARS	TROPICAL FRUIT COCKTAIL	PINEAPPLE TIDBITS
DIET SNACK	GRAHAM CRACKERS	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL
BREAD	RYE	½ WHOLE WHEAT PITA	WHEAT	WHEAT	RYE	WHEAT
MILK	MILK	MILK	MILK	MILK	MILK	MILK

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**COLD - REGULAR  
WEEK 3**

DATE	5/12 MOND/AY	5/13 TUESDAY	5/14 WEDNESDAY	5/15 THURSDAY	5/16 FRIDAY	5/18 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	COTTAGE CHEESE	TURKEY PASTRAMI SANDWICH W/MUSTARD	TURKEY HAM	TUNA SALAD  *Cheese	CHICKEN SALAD	TURKEY SANDWICH
VEGETABLES AND FRUITS	DICED PEACHES	ANCIENT GRAIN & KALE BLEND	CHOPPED GARDEN SALAD	COLE SLAW	BLACK BEAN & CORN SALAD	COLD SALAD
TWO 1/2 CUP SERVINGS	FRUIT PUNCH	APPLE-GRAPE JUICE	GRAPE JUICE	CRAN-APPLE JUICE	APPLE JUICE	ORANGE JUICE
REGULAR DESSERT	FRUIT FLAVORED YOGURT	APPLESAUCE	SANDWICH COOKIES	TROPICAL FRUIT SALAD	SLICED PEARS	FRUIT COCKTAIL
REGULAR SNACK	CEREAL	GRAHAM CRACKERS	CEREAL	CEREAL	CEREAL	CRACKERS & PEANUT BUTTER & JELLY
DIET DESSERT 1/2 CUP	LITE/DIET YOGURT	Same	SF/Diet Cookies	Same	Same	Same
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

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**COLD - REGULAR  
WEEK 4**

DATE	5/19 MONDAY	5/20 TUESDAY	5/21 WEDNESDAY	5/22 THURSDAY	5/23 FRIDAY	5/25 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	MEATLOAF	TURKEY BOLOGNA	PEANUT BUTTER AND JELLY	TURKEY	EGG SALAD  *Cheese	TUNA SALAD
VEGETABLES AND FRUITS	CARROT RAISIN SALAD	COLE SLAW	PICKLED BEETS	3 BEAN SALAD	POTATO SALAD	CUCUMBER & ONION SALAD (Tomato Wedge)
TWO 1/2 CUP SERVINGS	FRUIT PUNCH	ORANGE- PINEAPPLE JUICE	ICED TEA	APPLE JUICE	GRAPE JUICE	CRAN-APPLE JUICE
REGULAR DESSERT	MANDARIN ORANGES	GRANOLA BAR	FRUIT COCKTAIL	COOKIES	PINEAPPLE TIDBITS	APPLE SLICES
REGULAR SNACK	CEREAL	CEREAL	MELBA TOAST	CEREAL	CRACKERS & PEANUT BUTTER	CEREAL
DIET DESSERT 1/2 CUP	Same	Same	Same	SF/Diet Cookies	Same	Same
DIET SNACK	Same	Same	Same	Same	Same	Same
BREAD	RYE	WHEAT	RYE	WHEAT	RYE	½ WHOLE WHEAT PITA
MILK	MILK	MILK	MILK	MILK	MILK	MILK

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**COLD –REGULAR  
WEEK 5**

DATE	5/26 MONDAY	5/27 TUESDAY	5/28 WEDNESDAY	5/29 THURSDAY	5/30 FRIDAY	6/1 SUNDAY
MEAT OR ALTERNATE 3 OZ COOKED PORTIONS	HAM & CHEESE*  (*Cheese)	TURKEY SANDWICH	TUNA SALAD	CHEDDAR CHEESE SANDWICH	CHICKEN SALAD	PEANUT BUTTER & JELLY
VEGETABLES AND FRUITS	COLE SLAW	POTATO SALAD	BLACK BEAN & CORN SALAD	GARDEN SALAD	CARROT & RAISIN SALAD	STEWED FRUIT  *FRESH BANANA
TWO 1/2 CUP SERVINGS	APPLE JUICE	GRAPE JUICE	ORANGE JUICE	PINEAPPLE- ORANGE	APPLE/CRAN JUICE	FRUIT PUNCH
REGULAR DESSERT	COOKIE BITES	FRUIT COCKTAIL	TAPIOCA PUDDING	PINEAPPLE TIDBITS	APPLESAUCE	GRAPES or ½ CUP SLICED PEARS
REGULAR SNACK	CRACKERS & PEANUT BUTTER	CEREAL	CEREAL	GRAHAM CRACKERS	CEREAL	CEREAL
DIET DESSERT 1/2 CUP	DIET/SF COOKIES	Same	DIET/NSA PUDDING	Same	Same	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