

Spring 2017 Department of Family and Support Services/Senior Services Area Agency on Aging Congregate Dining Program SAMPLE CYCLE Menu for HOT LUNCH

The calories and nutritional information provided is approximately and not exact

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4/3-5/1-5/29-6/26 Meatballs / Gravy Mashed Potatoes Green Beans Dinner Roll (2) Mandarin Oranges Cal:588 Fat:10g Sod:765 Carbs:76g	4/4-5/2-5/30-6/27 Sweet / Sour Chicken White Rice Broccoli Tossed Salad / Dressing Rye Roll Tropical Fruit Cal:663 Fat:11g Sod:788 Carbs:145g	4/5-5/3-5/31-6/28 BBQ Roast Pork Macaroni / Cheese Blackeyed Peas Coleslaw Corn Muffin Grapes Cal:836 Fat:13g Sod:929 Carbs: 81g	4/6-5/4-6/1-6/29 Chicken Leg Mashed Potatoes Green Peas Whole Grain Bread (2) Peach Halves Cal:607 Fat:14g Sod:740 Carbs: 79g	4/7-5/5-6/2-6/30 Spinach Lasagna / Sauce Italian Vegetables Tossed Salad / Dressing Garlic Bread Banana Cal:781 Fat:17g Sod:855 Carbs: 68g	4/8-5/6-6/3 Turkey Ala King White Rice Carrots Tossed Salad / Dressing Dinner Roll Tropical Fruit Cal:833 Fat:22g Sod:724 Carbs:140g	4/9-5/7-6/4 Stuffed Green Pepper Whipped Potatoes California Blend Wheat Bread Fresh Pear Cal:759 Fat:21g Sod:684 Carbs:75g
4/10-5/8-6/5 Salisbury Steak / Gravy Mashed Potatoes Green Peas Rye Roll (2) Tropical Fruit Cal:728 Fat:14g Sod:667 Carbs:55g	4/11-5/9-6/6 Spinach Ravioli / Marinara Sauce Green Beans Tossed Salad / Dressing Italian Bread Grapes Cal:724 Fat:19g Sod:797 Carbs: 85g	4/12-5/10-6/7 Chicken Fajitas Spanish Rice Black Beans Shredded Lettuce / Tomatoes Flour Tortilla Fruit Mix Cal:950 Fat:18g Sod:800 Carbs: 41g	4/13-5/11-6/8 Polish Sausage / Bun Coleslaw Broccoli Soup Crackers Ketchup / Mustard Fresh Melon Cal:653 Fat:17g Sod:1088 Carbs: 51g	4/14-5/12-6/9 Herb Baked Chicken Breast Sweet Potatoes Brussel Sprouts Wheat Bread (2) Mandarin Orange Cal:729 Fat:19g Sod:818 Carbs:84g	4/15-5/13-6/10 Chicken Parmesan Rotini Broccoli Tossed Salad Dressing Dinner Roll Fresh Orange Cal:725 Fat:13g Sod:752 Carbs:95g	4/16-5/14-6/11 Breaded Pork Cutlet / Gravy Seasoned Greens Cucumbers / Tomatoes Dressing Corn Muffin (2) Applesauce Cal:888 Fat:18g Sod:797 Carbs:40g
4/17-5/15-6/12 Meatloaf / Gravy Whipped Potatoes Creamed Corn Whole Grain Bread (2) Peach Halves Cal:692 Fat:12g Sod:752 Carbs: 91g	4/18-5/16-6/13 Turkey / Gravy Mashed Potato Herb Stuffing Peas / Carrots Rye Bread Apricot Halves Cal:740 Fat:14g Sod:813 Carbs: 88g	4/19-5/17-6/14 BBQ Chicken Leg Rice Pilaf Okra /Tomatoes Cucumbers / Dressing Rye Bread Grapes Cal:785 Fat:16g Sod:909 Carbs: 77g	4/20-5/18-6/15 Beef Hot Dog Carrots Three Bean Salad Hot Dog Roll Ketchup / Mustard Cantaloupe Cal:725 Fat:19g Sod:890 Carbs: 68g	4/21-5/19-6/16 Breaded Pork Cutlet / Gravy Whole Potatoes Green Beans Whole Grain Bread (2) Melon Cal:884 Fat:13g Sod:647 Carbs:66g	4/22-5/20-6/17 Beef Burgundy White Rice California Blend Veggies Tossed Salad / Dressing Rye Roll Banana Cal:781 Fat:17g Sod:850 Carbs:71g	4/23-5/21-6/18 Baked Chicken Green Peas Tossed Salad Dressing Wheat Bread (2) Applesauce Cal:781 Fat:17g Sod:747 Carbs:64g
4/24-5/22-6/19 Beef Stew / Vegetables Tossed Salad Dressing Rye Roll (2) Pineapple Chunks Cal:745 Fat:22g Sod:697 Carbs:73g	4/25-5/23-6/20 Roasted Chicken Breast Mushroom Sauce Whole Potatoes Green Peas Whole Grain Bread (2) Pear Halves Cal:800 Fat:14g Sod:692 Carbs: 60g	4/26-5/24-6/21 Stuffed Green Pepper Carrots Cottage Cheese / Pear Half Wheat Bread Banana Cal:721 Fat:10g Sod:696 Carb: 82g	4/27-5/25-6/22 BBQ Chicken Fillet / Bun Mixed Vegetables Tomatoes / Dressing Apricot Halves Oatmeal Cookie Cal:696 Fat:10g Sod:847 Carbs:51g	4/28-5/26-6/23 Tuna Salad Vegetable Soup Three Bean Salad Hot Dog Roll Ketchup / Mustard Cantaloupe Cal:725 Fat:19g Sod:890 Carbs: 68g	4/29-5/27-6/24 Turkey Tetrazini Green Beans Tossed Salad / Dressing Wheat Bread (2) Fruit Mix Cal:781 Fat:17g Sod:788 Carbs:77g	4/30-5/28-6/25 Hot Dog / Bun California Vegetables Coleslaw Ketchup / Mustard Fresh Apple Cal:696 Fat:13g Sod:642 Carbs: 62g

****On Friday, May 12th, 2017, an Older Americans Month meal will be served consisting of Seasoned Chicken Filet, Baked Potatoes, Broccoli Spears, Salad w/dressing, Wheat Roll and Pound Cake w/Strawberry Sauce.****

Spring 2017- City of Chicago, Department of Family and Support Services/Senior Services Area Agency on Aging Congregate Dining Program Breakfast SAMPLE Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4/3-5/1-5/29-6/26	4/4-5/2-5/30-6/27	4/5-5/3-5/31-6/28	4/6-5/4-6/1-6/29	4/7-5/5-6/2-6/30
Breakfast Turkey Sausage Hash Brown Potatoes Rye Toast (2) Pineapple Juice Fresh Orange Milk	Waffles / Syrup Scrambled Eggs Fruit Yogurt Apple Juice Diced Peaches Milk	Oatmeal / Raisins Fruit Yogurt Grape Juice Cottage Cheese / Pear Whole Grain Bread Fresh Apple Milk	Ham Potato Patty English Muffin Cherry Apple Juice Fresh Grapes Milk	Grits / Cheese Tomatoes Blueberry Muffin Orange Juice Fresh Banana Milk
4/10-5/8-6/5	4/11-5/9-6/6	4/12-5/10-6/7	4/13-5/11-6/8	4/14-5/12-6/9
French Toast (2) / Syrup Breakfast Turkey Sausage Applesauce Orange Juice Fresh Pear Milk	Cream of Wheat Mozzarella String Cheese Diced Pears Apple Juice Wheat Bread Fresh Banana Milk	Whole Grain Cereal Hard Boiled Egg Diced Peaches Orange Juice WG Cereal Bar Tropical Fruit Milk	Sausage / Cheese Hash Brown Potatoes Whole Grain Bread (2) Orange Juice Fresh Apple Milk	Ham / Cheese Potato Patty English Muffin Fresh Orange Cherry Apple Juice Milk
4/17-5/15-6/12	4/18-5/16-6/13	4/19-5/17-6/14	4/20-5/18-6/15	4/21-5/19-6/16
Whole Grain Waffles Breakfast Turkey Sausage Potato Pancake Orange Juice Fresh Melon Milk	Grits / Cheese Cinnamon Bread Fresh Banana Cherry Apple Juice Diced Peaches Milk	Ham / Cheese English Muffin Sliced Tomatoes Grape Juice Fresh Melon Milk	Whole Grain Cereal Hard Boiled Egg Cottage Cheese / Peach Blueberry Muffin Grape Juice Fresh Banana Milk	French Toast (2) Yogurt Scrambled Eggs Pineapple Juice Tropical Fruit Fresh Apple Milk
4/24-5/22-6/19	4/25-5/23-6/20	4/26-5/24-6/21	4/27-5/25-6/22	4/28-5/26-6/23
Whole Grain Cereal Breakfast Turkey Sausage Potato / Peppers Whole Grain Bread Grape Juice Fresh Apple Milk	Ham / Cheese Hash Brown Potatoes Whole Grain Bagel Apple Juice Fresh Orange Milk	Farina Scrambled Eggs Fruit Mix Apple Muffin Pineapple / Orange Juice Fresh Melon Milk	Breakfast Turkey Sausage Cherry Apple Juice Bagel Fresh Orange Pineapple Chunks Milk	Pancakes / Syrup Ham Slice Hash Brown Potato Orange Juice Fresh Banana Milk

**Spring 2017 City of Chicago, Department of Family and Support Services/Senior Services Area Agency on Aging, Congregate Dining SAMPLE MENU
For PRE-PLATED MEALS**

Monday	Tuesday	Wednesday	Thursday	Friday
4/3, 5/1, 5/29, 6/26	4/4, 5/2, 5/30, 6/27	4/5, 5/3, 5/31, 6/28	4/6, 5/4, 6/1, 6/29	4/7, 5/5, 6/2, 6/30
Roast Turkey/ Stuffing Sweet Potatoes Broccoli Cuts Whole Wheat Bread (1) Baby Carrots Fresh Cantaloupe 2% Milk K=680, F=8, C=8, S=1500	Baked Mostaccioli w/ Meatballs Zucchini w/ Black Olives Peas & Carrots Italian Bread (1) 3-Bean Salad 4 oz. Fruit Yogurt Cup 2% Milk K=880, F=32, C=7, S=1350	Chicken Tenders over Wild Rice Seasoned Pinto Beans Spinach w/ Tomatoes Zucchini Muffin Fresh Grapes 100% Fruit Juice 2% Milk K=740, F=11, C=7, S=850	Pork Cutlet/ Whole Potatoes Red Cabbage Cinnamon Applesauce Whole Wheat Bread (2) Garbanzo Bean Salad Fresh Honeydew 2% Milk K=740, F=22, C=6, S=960	Breaded Cod Wedges Seasoned Black-Eyed Peas Peach Crisp Whole Wheat Bread (1) Tartar Sauce Fresh Clementine (2) Oatmeal Cookie 2% Milk K=790, F=14, C=8, S=1600
4/10, 5/8, 6/5	4/11, 5/9, 6/6	4/12, 5/10, 6/7	4/13, 5/11, 6/8	4/14, 5/12, 6/9
Beef Stuffed Cabbage/ Tomato Sauce/ Brown Rice Parslied Carrots Green Beans Wheat Bread (1) Corn & Bean Salad Fresh Apple 2% Milk K=690, F=12, C=8, S=900	Baked Chicken ¼ Baked Beans Broccoli/Cauliflower/Carrot Blend Corn Bread (1) Sliced Cucumbers w/ dressing Pound Cake 2% Milk K=920, F=24, C=8, S=1500	Roast Pork/ Gravy New Potatoes Asparagus Cuts Whole Wheat Bread (1) Tossed Salad w/ Dressing Fresh Grapes 2% Milk K=580, F=7, C=6, S=400	Cheese Manicotti/ Marinara Green Beans Seasoned Lentils Italian Bread (1) Spiced Apple Rings Fruit Yogurt Cup 2% Milk K=780, F=14, C=9, S=600	Creamy Tuna & Cheese w/ Egg Noodles Diced Beets Corn w/ Peppers Bread (1) Carrot & Celery Sticks Mandarin Oranges cup 2% Milk K=740, F=27, C=7, S=740
4/17, 5/15, 6/12	4/18, 5/16, 6/13	4/19, 5/17, 6/14	4/20, 5/18, 6/15	4/21, 5/19, 6/16
Chopped Steak/ /Stewed Tomato Whipped Potatoes Broccoli Cuts 3-Bean Salad Corn Muffin/ marg. Fresh Clementine (2) 2% Milk K=600, F=22, C=4, S=850	Grilled Chicken Fillet w/ Salsa over Wild Rice Black-Eyed Peas Diced Zucchini Chilled Beet Salad Whole Grain Bread/ marg. Fruit Yogurt Cup 2% Milk K=565, F=4, C=6, S=600	Beef Stew/ Diced Potatoes/ Peas & Carrots/ Mixed Greens Spiced Pears Whole Grain Bread/ marg. (2) Mandarin Oranges cup Pound Cake 2% Milk K=780, F=7, C=7, S=870	Cheeseburger/ Tater Tots Green Beans Applesauce Whole Grain Hamburger Bun Ketchup & Mustard Potato Salad/ Pickle Slices Fresh Cantaloupe 2% Milk K=580, F=11, C=6, S=910	Chip Crusted Cod Wedge Yellow Squash Peas & Carrots Sweet & Sour Coleslaw Tartar Sauce Whole Wheat Bread Applesauce 2% Milk K=540, F=6, C=7, S=800
4/24, 5/22, 6/19	4/25, 5/23, 6/20	4/26, 5/24, 6/21	4/27, 5/25, 6/22	4/28, 5/26, 6/23
Polish Sausage over Steamed Cabbage Baked Beans Broccoli Cuts Whole Grain Hot Dog Bun Carrot Salad Fruit Yogurt Cup 2% Milk K=890, F=25, C=7, S=1700	Baked Chicken Leg ¼ Sweet Potatoes Green Beans Corn Muffin/ marg. Garden Salad/ dressing Fresh Cantaloupe 2% Milk K=750, F=20, C=6, S=690	Roast Beef/ gravy Mashed Potatoes Brussels Sprouts Sliced Tomatoes/ dressing Wheat Bread/ margarine 100% Fruit/ Vegetable Juice 2% Milk K=650, F=10, C=4, S=400	Cheese Quesadillas Cut Corn w/ Peppers Asparagus Cuts Celery Sticks/ Bleu Cheese Drsg. Whole Wheat Bread/ margarine Fruit Yogurt Cup 2% Milk K=790, F=26, C=7, S=1200	Baked Pollock in Lemon Butter Dill Sauce Seasoned Lentils Broccoli Cuts Dinner Roll/ margarine Sliced Cucumbers/ dressing Fresh Clementine (2) 2% Milk K=720, F=21, C=5, S=420

BOX LUNCH MENU OPTIONS

<p><u>Box Lunch “A”</u> Apple Juice Ham & Cheese Sandwich on Rye Bread Mayonnaise & Mustard (1 packet each) Confetti Coleslaw Oatmeal Raisin Cookie Seasonal Fresh Fruit Milk</p>	<p><u>Box Lunch “B”</u> Pineapple Juice Turkey Sandwich on Whole Grain Roll Mayonnaise (2 packets) Creamy Potato Salad Oatmeal Raisin Cookie Seasonal Fresh Fruit Milk</p>
<p><u>Box Lunch “C”</u> Orange Juice Submarine Sandwich on Kaiser Roll Mayonnaise & Mustard (1 packet each) Cucumber Salad Chocolate Chip Cookie Seasonal Fresh Fruit Milk</p>	<p><u>Box Lunch “D”</u> Orange-Pineapple Juice Tuna Salad on Whole Wheat Roll Confetti Cole Slaw Oatmeal Raisin Cookie Seasonal Fresh Fruit Milk</p>
<p><u>Box Lunch “E”</u> Pineapple Juice Egg Salad on Whole Wheat Roll Confetti Cole Slaw Seasonal Fresh Fruit Chocolate Chip Cookie Milk</p>	<p><u>Box Lunch “F”</u> Cranberry Juice Chicken Salad on Whole wheat roll Fresh Carrot Slices Seasonal Fresh Fruit Chocolate Chip Cookie Milk</p>
<p><u>Box Lunch “G”</u> Apple Juice Chef salad with shredded Carrots, Grape Tomatoes, & Hard-Boiled Egg Salad dressing Chopped Chicken (2oz) & Shredded Cheese (1oz) Whole Grain Roll Seasonal Fresh Fruit Milk</p>	<p><u>Box Lunch “H”</u> Orange Juice Chef Salad with Shredded Carrots, Grape Tomatoes, & Hard-boiled Egg Salad dressing Chopped Ham (2oz) & Shredded Cheese (1oz) Pasta Salad Seasonal Fresh Fruit Milk</p>

BREAKFAST BOX MENU OPTIONS

<p><u>Breakfast Box “BA”</u> Ham / Cheese Tropical Fruit Whole Grain Bagel Orange Juice Fresh Fruit Milk</p>	<p><u>Breakfast Box “BC”</u> Cold Cereal Bowl Hard Boiled Egg Cottage Cheese / Peach Blueberry Muffin Apple Juice Fresh Fruit Milk</p>	<p><u>Breakfast Box “BE”</u> Hardboiled Egg Fruit Yogurt Fresh Fruit Apple Juice Wheat Bread Fruit cup Milk</p>
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SPECIAL CITYWIDE BOX LUNCH MEAL MENU

<p>Smoked Turkey Breast & Cheese Sandwich on Croissant (Mustard/Mayo Packets) Fresh Fruit (two) Potato Chips Chocolate Chip Cookies Fruit Juice 8 ounce can of diet soda 8 ounce bottle of water (partially frozen)</p>

Special Holiday Meal Sample Menu

<p>Thursday, <u>February 9, 2017</u> Valentine's Day</p> <p>Chicken Kiev w/Broccoli & Cheese Herb Flavored Potatoes Green Peas Tossed Salad w/Dressing Wheat Roll Red Velvet Cupcake with Frosting</p>	<p>Thursday, <u>October 26, 2017</u> Halloween</p> <p>Fried Chicken Scalloped Potatoes Mixed Greens Macaroni and Cheese Corn Bread Pumpkin Pie</p>
<p>Friday, <u>May 12, 2017</u> Older Americans Month</p> <p>Seasoned Chicken Breast Filet Baked Potatoes Broccoli Spears Salad w/dressing Wheat Roll Pound Cake w/ Strawberry Sauce</p>	<p>Thursday, <u>November 16, 2017</u> Thanksgiving Holiday</p> <p>Roasted Turkey Breast Corn Bread Dressing Peas and Pearl Onions Mashed Sweet Potatoes Wheat Roll Apple Pie</p>
<p>Thursday, <u>June 29, 2017</u> Independence Day</p> <p>Mini BBQ Ribs Au Gratin Potatoes Cole Slaw Tomatoes and Onions Roll Chocolate Cake</p>	<p>Thursday, <u>December 14, 2017</u> Christmas Holiday</p> <p>Chicken Cordon Bleu Wild Rice Pilaf Green Beans Almondine Chef's Salad/assorted dressings Roll Carrot Cake</p>

*Please note special holiday meals are only required for catered sites.

Special Event Meal Menu Options

- SPECIAL EVENT BREAKFAST MEAL SAMPLE MENU**

<p>Cereal (hot or cold) w/ milk Scrambled eggs Chicken, turkey or pork sausage patties Fried Chicken or Ham Breakfast potatoes w/ peppers & onions Fresh Fruit Tray Waffles Wheat bagels w/ jelly, margarine and low fat cream cheese Tortillas Shredded cheese Assorted Yogurt Assorted juices Assorted muffins/pastries Coffee & Tea Condiments</p>

- SPECIAL EVENT HOT or BOX MEALS SAMPLE MENU**

SPECIAL EVENT HOT	SPECIAL EVENT HOT
<p>Lemon Pepper Chicken or Roasted Potatoes Soup w/ crackers Tossed Salad w/ dressing Dinner roll w/ margarine Assorted Cookies or other dessert Coffee & Tea Condiments</p> <p>The above is a sample of the type of meal to be provided, but other options may be requested.</p> <p>SPECIAL EVENT BOX #1 Sandwiches (including Club Options) or Wraps served with lettuce, tomato, mayo, & choice of: sliced turkey, ham, roasted vegetables, corned beef, salami, chicken salad, tuna salad or egg salad) Cheese (mozzarella, provolone or cheddar) Bacon (option to be combined with one meat for Club Option) Pickle Coleslaw, macaroni salad, or pasta salad Fresh fruit Potato chips Cookies 8 ounce can of soda 8 ounce bottled water Condiments (Bread: white, wheat, rye, croissant, or bun) (Wrap: wheat or flour)</p>	<p>Baked Fish Rice Pilaf Asparagus Salad with dressing Dinner roll with margarine Assorted Cookies or other dessert Coffee & Tea Condiments</p> <p>The above is a sample of the type of meal to be provided, but other options may be requested.</p> <p>SPECIAL EVENT BOX #2 Salad Box choices of Caesar, Chef, Cobb, Chopped or Sante Fe Macaroni salad or Pasta salad Roll w/ margarine Fresh fruit Potato chips Salad dressing (variety) Cookies 8 ounce bottled water 8 ounce can of soda Condiments</p>

Note: Special Event Box #3 would be a combination of components between Special Event Box #1 and Box #2 (1/2 sandwich & 1/2 salad)