

## Sample Senior Menu

Any Questions or Concerns Call Nu-Way 201 997 4851

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
|  |   | 1<br>Chicken orzo soup 8 oz<br>Stuffed peppers 1 ea<br>Herbed mashed potatoes ½ c<br>Glazed baby carrots ½ c<br>Dinner roll 1 ea<br>Cake sl 1 ea<br>Milk 8 oz   | 2<br>Beef pot roast 4 oz<br>Glazed sweet potatoes ½ c<br>Lima beans ½ c<br>Whole wheat bread 1 sl<br>Pineapples and mandarins ½ c<br>Milk 8 oz<br>Juice 4 oz                           | 3 1 Hebrew National Jumbo hot dog 4 oz<br>1 Hot dog roll<br>Potato salad ½ c<br>Baked beans ½ c<br>Peaches ½ c<br>Minestrone soup 8 oz<br>Milk 8 oz  |
| 6<br><br><b>LABOR DAY</b>  | 7 Hamburger 4 oz<br>On Bun with Ketchup<br>German potato salad ½ c<br>Baked beans ½ c<br>Lettuce, onion, tomato on side<br>Choc. cake w/vanilla icing 1 ea<br>Milk 8 oz<br>Juice 4 oz | 8<br>Vegetable beef soup 8 oz<br>Lemon Chicken 4 oz<br>Stuffing ½ c<br>Brussel sprouts ½ c<br>Whole wheat bread 1 sl<br>Pound cake 1 ea<br>Milk 8 oz  | 9 Italian sausage w/peppers and onions in sauce 4 oz<br>Sliced Italian potatoes ½ c<br>Italian mixed vegetables ½ c<br>Hoagie roll 1 ea<br>Fresh fruit 1 ea<br>Milk 8 oz<br>Juice 4 oz | 10 Italian wedding soup 8 oz<br>Fillet of fish 4 oz w/lemon sauce<br>Macaroni and cheese ½ c<br>Broccoli spears ½ c<br>Rye bread 1 sl<br>Pudding ½ c<br>Milk 8 oz                                      |
| 13 Beef rice soup 8 oz<br>Grilled chicken 4 oz on a bun w/lettuce & tomato<br>Potato wedges ½ c<br>Baked beans ½ c<br>Pineapple & oranges ½ c<br>Milk 8 oz | 14 Kielbasa w/kraut 4 oz<br>Whole potatoes ½ c<br>Mixed vegetables ½ c<br>Rye bread 1 sl<br>Florentine cake 1 ea<br>Milk 8 oz<br>Juice 4 oz   | 15 Tomato rice soup 8 oz<br>Tuna salad w/lettuce 4 oz<br>On Round roll 1 ea<br>3 Bean salad ½ c<br>Cole slaw w/pineapple ½ c<br>Assorted muffin 1 ea<br>Milk 8 oz   | 16 BBQ shredded pork 4 oz<br>On soft roll 1 ea<br>Rice w/peas ½ c<br>Carrots ½ c<br>Fresh plum 1 ea<br>Milk 8 oz<br>Juice 4 oz   | 17 Chicken noodle soup 8 oz<br>Sliced roast beef 4 oz<br>Mashed potatoes w/gravy ½ c<br>Peas and carrots ½ c<br>Dinner roll 1 ea<br>Marble pound cake 1 ea<br>Milk 8 oz                                |
| 20 Onion soup 8 oz<br>Hamsteak 4 oz w/honey mustard<br>Broccoli ½ c<br>Rye bread 1 sl<br>Fresh peas ½ c<br>Peaches ½ c<br>Milk 8 oz                        | 21 Manicotti 1 ea<br>2 meatballs ea<br>Italian flat beans ½ c<br>S & B Italian bread 1 sl<br>Tiramisu cake 1 sl<br>Milk 8 oz<br>Juice 4 oz  | 22 Minestrone soup 8 oz<br>Chicken salad 4 oz w/lettuce and tomato<br>On Hamburger bun 1 ea<br>Potato salad ½ c<br>3 bean salad ½ c<br>Peaches ½ c<br>Milk 8 oz   | 23 BBQ chicken 4 oz<br>Red beans and rice ½ c<br>Green beans ½ c<br>Corn bread 1 ea<br>Pudding cake 1 sl<br>Milk 8 oz<br>Juice 4 oz  | 24 <b>Birthday Celebration!</b><br>Chicken vegetable soup 8 oz<br>Roast pork loin 2 sl<br>Corn bread dressing ½ c<br>California blend veggies ½ c<br>Rye bread 1 sl<br>Birthday cake 1 sl<br>Milk 8 oz |
| 27<br>Navy bean soup 8 oz<br>Beef pot roast 4 oz<br>Herb. mashed potatoes ½ c<br>Green beans ½ c<br>Dinner roll 1 ea<br>Fresh fruit 1 ea<br>Milk 8 oz      | 28<br>Egg salad 4 oz<br>Carrot raisin salad ½ c<br>Beets ½ c<br>Whole wheat bread 2 sl<br>Raspberry pound cake 1 ea<br>Milk 8 oz<br>Juice 4 oz  | 29<br>Veggie beef noodle soup 8 oz<br>Baked ziti 4 oz 1 meatball ea<br>Vegetable medley ½ c<br>Antipasto salad ½ c<br>Choc. Ck sl w/vanilla icing 1 ea<br>French breadstick 1 ea<br>Milk 8 oz                      Juice 4 oz | 30<br>Grilled chicken 4 oz w/honey mustard sauce<br>Rice and peas ½ c<br>Broccoli ½ c<br>Dinner roll 1 ea<br>Fresh fruit ½ c<br>Milk 8 oz                      Juice 4 oz              |  |