

let's do LUNCH

HERTFORD COUNTY OFFICE OF AGING



AND



Menu

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	Cheeseburger Lettuce/Tomato Apples Macaroni Salad Bun Mustard/Ketchup Chocolate Chip Cookies Milk	Smoked Sausage Field Peas Applesauce Roll Margarine Pound Cake Milk	Chicken Salad Lettuce/Tomato Peaches Potato Salad Wheat Bread Oatmeal Cookies Milk	Swedish Meatballs Green peas Oranges Rice Roll Margarine Sugar Cookies Milk	Ham & Cheese Sand. Navy Beans Pineapples Wheat Bread Mayonnaise Bread Pudding Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	Chicken Alfredo Steamed Broccoli Mandarin Oranges Roll Margarine Chocolate Chip Cookie Milk	Baked Ham Cabbage Applesauce Sweet potatoes Roll Margarine Windmill Cookies Milk	Chicken Sandwich Green Peas Pears Bun Mayonnaise Cake Milk	Meat Loaf String Beans Banana Mashed Potatoes Roll Margarine Oatmeal Cookies Milk	Baked Spaghetti Salad Fruit Cocktail Roll Dressing Peach Cobbler Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	Hot Dog/Chili Coleslaw Bananas Baked Beans Bun Mustard/Ketchup Oatmeal Cookies Milk	Pork Chop w/ Gravy String Beans Applesauce Rice Roll Margarine Chocolate Chip Cookies Milk	Tuna Salad Lettuce/Tomato Bananas Chips Wheat Bread Mayonnaise Pound Cake Milk	Smoked Sausage Blackeyed Peas Oranges Mashed Potatoes Bun Margarine Chocolate Pudding Milk	Grilled Chicken Salad w/ cucumbers, tomatoes Apples Crackers Dressing Sugar Cookies Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	BBQ Chicken Green Peas Pears Bun Potato Salad Margarine Windmill Cookies Milk	Hamburger Steak String Beans Applesauce Roll Mashed Potatoes Margarine Peach Cobbler Milk	Ham and Turkey Sub Lettuce/Tomato Oranges Sub Roll Potato Chips Mayonnaise Banana Pudding Milk	Turkey & Rice Casserole Sweet Potatoes Apples Roll Margarine Chocolate Chip Cookies Milk	Chicken Salad Lettuce/Tomato Peaches Potato Salad Wheat Bread Oatmeal Cookies Milk

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Melissa Mitchell, LIS
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