

## NUTRITION MENU

UCHRA

January 2017

UCHRA

MONDAY	TUESDAY 1-3-17	WEDNESDAY 1-4-17	THURSDAY 1-5-17	FRIDAY 1-6-17
	PORK CUTLET SWEET POTATOES LIMA BEANS JELL-O W/FRUIT BISCUIT	PINTO BEANS W/ONION SQUASH CASSEROLE TURNIP GREENS BANANA CORNBREAD	CHOPPED STEAK BAKED POTATO W/SOUR CREAM MIXED VEGETABLES PEARS WW ROLL	LEMON PEPPER CHICKEN RICE MEDLEY BROCCOLI W/CHEESE PEACHES WHEAT ROLL
MONDAY 1-9-17	TUESDAY 1-10-17	WEDNESDAY 1-11-17	THURSDAY 1-12-17	FRIDAY 1-13-17
OPEN ROAST BEEF SANDWICH MASHED POTATOES CARROTS PINEAPPLE CHUNKS BROWNIE	OVEN FRIED CHICKEN BROWN RICE SPINACH PEACHES WHEAT ROLL VANILLA WAFERS	FISH ON BUN COLE SLAW GREEN BEANS FRUIT COCKTAIL TARTAR SAUCE	BAKED PORK W/GRAVY VEGETABLE MEDLEY MASHED SWEET POTATOES CINNAMON APPLESAUCE BISCUIT	HAMBURGER W/BUN LETTUCE, TOMATO, ONION POTATO WEDGES MARINATED VEGETABLES STRAWBERRIES
MONDAY 1-16-17	TUESDAY 1-17-17	WEDNESDAY 1-18-17	THURSDAY 1-19-17	FRIDAY 1-20-17
	SALISBURY STEAK CREAMED POTATOES GREEN PEAS PEARS WW ROLL MULTI-GRAIN COOKIE	BAKED ITALIAN CHICKEN STEAMED BROCCOLI BROWN RICE PINEAPPLE CHUNKS WHEAT ROLL	MEAT SAUCE SPAGHETTI NOODLES ITALIAN GREEN BEANS MEDIUM ORANGE GARLIC BREAD	SWEET & SOUR CHICKEN BROWN RICE W/MUSHROOMS BRUSSEL SPROUTS PEACHES WHEAT ROLL
MONDAY 1-23-17	TUESDAY 1-24-17	WEDNESDAY 1-25-17	THURSDAY 1-26-17	FRIDAY 1-27-17
STUFFED GREEN PEPPER BLACKEYED PEAS MASHED POTATOES FRUIT COCKTAIL WW ROLL	PORK BBQ W/BUN THREE BEAN SALAD POTATO WEDGE APPLESAUCE OATMEAL COOKIE	HOMEMADE CHILI COLE SLAW CORN STRAWBERRIES CRACKERS	SAUSAGE PATTY HASH BROWN CASSEROLE CINNAMON APPLES BISCUIT W/GRAVY TOMATO SLICES	CHEESEBURGER W/BUN LETTUCE, TOMATO, ONION OVEN FRIES BROCCOLI CARROT SALAD BANANA
MONDAY 1-30-17	TUESDAY 1-31-17	WEDNESDAY	THURSDAY	FRIDAY
FISH WHITE BEANS TURNIP GREENS BEETS HUSHPUDDING BREAD	CHICKEN LOMBARDI EGG NOODLES BUTTERED CARROTS MANDARIN ORANGES WW ROLL			

\*MILK OR BUTTERMILK SERVED DAILY

\*\*BREAD SERVED DAILY - OPTIONS: CORNBREAD, ROLL, BISCUIT, MUFFIN, ENRICHED OR WHOLE GRAIN BREAD

REGISTERED DIETITIAN: Payton Ai PhD RD 12-9-16

\*\*\* Diabetic Meals will have a dessert substitution of one of the following: peaches, applesauce, mixed fruit, pears (with juice washed off), diet jell-o, or diet pudding







\*\*\*\*All foods for pureed diet will be blended with appropriate serving scoops used

## NUTRITION MENU

UCHRA

February 2017

UCHRA

MONDAY	TUESDAY	WEDNESDAY 2-1-17	THURSDAY 2-2-17	FRIDAY 2-3-17
		PINTO BEANS W/ONION SQUASH CASSEROLE TURNIP GREENS BANANA CORNBREAD	CHOPPED STEAK BAKED POTATO W/ SOUR CREAM MIXED VEGETABLES PEARS WW ROLL	LEMON PEPPER CHICKEN RICE MEDLEY BROCCOLI W/CHEESE PEACHES WHEAT ROLL
MONDAY 2-6-17	TUESDAY 2-7-17	WEDNESDAY 2-8-17	THURSDAY 2-9-17	FRIDAY 2-10-17
OPEN ROAST BEEF SANDWICH MASHED POTATOES CARROTS PINEAPPLE CHUNKS BROWNIE	OVEN FRIED CHICKEN BROWN RICE SPINACH PEACHES WHEAT ROLL VANILLA WAFERS	FISH ON BUN COLE SLAW GREEN BEANS FRUIT COCKTAIL TARTAR SAUCE	BAKED PORK W/GRAVY VEGETABLE MEDLEY MASHED SWEET POTATOES CINNAMON APPLESAUCE BISCUIT	HAMBURGER W/BUN LETTUCE, TOMATO, ONION POTATO WEDGES MARINATED VEGETABLES STRAWBERRIES
MONDAY 2-13-17	TUESDAY 2-14-17	WEDNESDAY 2-15-17	THURSDAY 2-16-17	FRIDAY 2-17-17
PORK CUTLET SWEET POTATOES LIMA BEANS JELL-O W/FRUIT BISCUIT	SALISBURY STEAK CREAMED POTATOES GREEN PEAS PEARS WW ROLL MULTI-GRAIN COOKIE	BAKED ITALIAN CHICKEN STEAMED BROCCOLI BROWN RICE PINEAPPLE CHUNKS WHEAT ROLL	MEAT SAUCE SPAGHETTI NOODLES ITALIAN GREEN BEANS MEDIUM ORANGE GARLIC BREAD	SWEET & SOUR CHICKEN BROWN RICE W/MUSHROOMS BRUSSEL SPROUTS PEACHES WHEAT ROLL
MONDAY 2-20-17	TUESDAY 2-21-17	WEDNESDAY 2-22-17	THURSDAY 2-23-17	FRIDAY 2-24-17
	PORK BBQ W/BUN THREE BEAN SALAD POTATO WEDGE APPLESAUCE OATMEAL COOKIE	HOMEMADE CHILI COLE SLAW CORN STRAWBERRIES CRACKERS	SAUSAGE PATTY HASH BROWN CASSEROLE CINNAMON APPLES BISCUIT W/GRAVY TOMATO SLICES	STUFFED GREEN PEPPER BLACKEYED PEAS MASHED POTATOES FRUIT COCKTAIL WW ROLL
MONDAY 2-27-17	TUESDAY 2-28	WEDNESDAY	THURSDAY	FRIDAY
FISH WHITE BEANS TURNIP GREENS BEETS HUSHPUDDY BREAD	CHICKEN LOMBARDI EGG NOODLES BUTTERED CARROTS MANDARIN ORANGES WW ROLL			

\*MILK OR BUTTERMILK SERVED DAILY

\*\*BREAD SERVED DAILY - OPTIONS: CORNBREAD, ROLL, BISCUIT, MUFFIN, ENRICHED OR WHOLE GRAIN BREAD

REGISTERED DIETITIAN:

*Cathy He PhD, RD*

12-9-16

\*\*\* Diabetic Meals will have a dessert substitution of one of the following: peaches, applesauce, mixed fruit, pears (with juice washed off), diet jell-o, or diet pudding

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## NUTRITION MENU

March 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-6-17	3-7-17	3-8-17	3-9-17	3-10-17
3-13-17	3-14-17	3-15-17	3-16-17	3-17-17
3-20-17	3-21-17	3-22-17	3-23-17	3-24-17
3-27-17	3-28-17	3-29-17	3-30-17	3-31-17

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3-1-17	3-2-17	3-1-17	3-2-17	3-3-17
3-6-17	3-7-17	3-8-17	3-9-17	3-10-17
3-13-17	3-14-17	3-15-17	3-16-17	3-17-17
3-20-17	3-21-17	3-22-17	3-23-17	3-24-17
3-27-17	3-28-17	3-29-17	3-30-17	3-31-17

\*MILK OR BUTTERMILK SERVED DAILY

\*\*BREAD SERVED DAILY - OPTIONS: CORNBREAD, ROLL, BISCUIT, MUFFIN, ENRICHED OR WHOLE GRAIN BREAD

REGISTERED DIETITIAN:

*Cathy Hx PhD RD 12-9-16*

\*\*\* Diabetic Meals will have a dessert **substitution** of one of the following: peaches, applesauce, mixed fruit, pears (with juice washed off), diet jell-o, or diet pudding

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