



NUTRITION MENU

UCHRA

October 2017

UCHRA

MONDAY 10/2/17	TUESDAY 10/3/17	WEDNESDAY 10/4/17	THURSDAY 10/5/17	FRIDAY 10/6/17
BAKED ITALIAN CHICKEN STEAMED BROCCOLI BROWN RICE PINEAPPLE WHEAT ROLL OATMEAL COOKIE	STUFFED GREEN PEPPER MASHED POTATOES CALICO SLAW FRUIT COCKTAIL WHEAT ROLL	MEAT SAUCE SPAGHETTI NOODLES ANTIGUA VEGGIES STRAWBERRIES ITALIAN BREAD	HOMEMADE CHILI CORN COLE SLAW CRACKERS BANANA	OVEN FRIED CHICKEN GREEN PEAS MASHED POTATOES BISCUIT WHOLE ORANGE
MONDAY 10/9/17	TUESDAY 10/10/17	WEDNESDAY 10/11/17	THURSDAY 10/12/17	FRIDAY 10/13/17
SALISBURY STEAK MASHED POTATOES BABY LIMA'S APPLESAUCE W/TOPPING WHOLE WHEAT ROLL	BBQ PORK W/ BUN PASTA SALAD W/ FRESH VEGETABLES CHILLED TOMATOES STRAWBERRIES AND CREAM	NORTHERN BEANS BREADED SQUASH TURNIP GREENS PEACHES CORNBREAD MUFFIN VANILLA WAFERS	PORK CUTLET BAKED SWEET POTATO ITALIAN MIXED VEGETABLES PEARS WHEAT ROLL MULTIGRAIN COOKIE	SWEET & SOUR CHICKEN BROWN RICE W/ MUSHROOMS CARROTS PEACHES WHEAT ROLL
MONDAY 10/16/17	TUESDAY 10/17/17	WEDNESDAY 10/18/17	THURSDAY 10/19/17	FRIDAY 10/20/17
MACARONI & CHEESE BLACK EYED PEAS STEAMED BROCCOLI PINEAPPLE CHUNKS CORNBREAD	OPEN ROAST BEEF SANDWICH W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS PEACH SLICES	CHICKEN & RICE CASSEROLE GREEN PEAS SLICED STRAWBERRIES WHOLE WHEAT ROLL	BAKED FISH WHITE BEANS SLAW MIXED FRUIT HUSHPUPPY BREAD	BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY APPLESAUCE WHEAT ROLL
MONDAY 10/23/17	TUESDAY 10/24/17	WEDNESDAY 10/25/17	THURSDAY 10/26/17	FRIDAY 10/27/17
PINTO BEANS W/ ONION PARSLIED POTATOES STEAMED CABBAGE BANANA CORNBREAD	TAHITIAN CHICKEN SEASONED GREENS CARROTS FRUIT SALAD WHOLE WHEAT ROLL	TURKEY W/GRAVY SWEET POTATOES GREEN BEANS FRUIT COBBLER WHEAT ROLL	SLOPPY JOE W/ BUN CHEESY POTATOES COLE SLAW ORANGE MEDLEY	HAMBURGER W/ BUN LETTUCE, TOMATO, ONION OVEN FRIES BROCCOLI /CARROT SALAD BANANA
MONDAY 10/30/17	TUESDAY 10/31/17	WEDNESDAY	THURSDAY	FRIDAY
BAKED PORK & MUSHROOM GRAVY BAKED SWEET POTATO VEGETABLE MEDLEY MANDARIN ORANGES WHEAT ROLL	CHICKEN DIVAN WHIPPED POTATOES BRUSSEL SPROUTS BANANA ROLL			<i>hello october, please be good.</i>

*MILK OR SERVED DAILY

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

REGISTERED DIETITIAN: Cathy Hy, Ph.D., RD

*** 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

November 2017

UCHRA

MONDAY	TUESDAY	WEDNESDAY 11/1/17	THURSDAY 11/2/17	FRIDAY 11/3/17
		MEAT SAUCE SPAGHETTI NOODLES ANTIGUA VEGGIES STRAWBERRIES ITALIAN BREAD	HOMEMADE CHILI CORN COLE SLAW CRACKERS BANANA	OVEN FRIED CHICKEN GREEN PEAS MASHED POTATOES BISCUIT WHOLE ORANGE
MONDAY 11/6/17	TUESDAY 11/7/17	WEDNESDAY 11/8/17	THURSDAY 11/9/17	FRIDAY 11/10/17
SALISBURY STEAK MASHED POTATOES BABY LIMA'S APPLESAUCE W/TOPPING WHOLE WHEAT ROLL	BBQ PORK W/ BUN PASTA SALAD W/ FRESH VEGETABLES CHILLED TOMATOES STRAWBERRIES AND CREAM	NORTHERN BEANS BREADED SQUASH TURNIP GREENS PEACHES CORNBREAD MUFFIN VANILLA WAFERS	PORK CUTLET BAKED SWEET POTATO ITALIAN MIXED VEGETABLES PEARS WHEAT ROLL MULTIGRAIN COOKIE	
MONDAY 11/13/17	TUESDAY 11/14/17	WEDNESDAY 11/15/17	THURSDAY 11/16/17	FRIDAY 11/17/17
MACARONI & CHEESE BLACK EYED PEAS STEAMED BROCCOLI PINEAPPLE CHUNKS CORNBREAD	OPEN ROAST BEEF SANDWICH W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS PEACH SLICES	CHICKEN & RICE CASSEROLE GREEN PEAS SLICED STRAWBERRIES WHOLE WHEAT ROLL	BAKED FISH WHITE BEANS SLAW MIXED FRUIT HUSHPUPPY BREAD	BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY APPLESAUCE WHEAT ROLL
MONDAY 11/20/17	TUESDAY 11/21/17	WEDNESDAY 11/22/17	THURSDAY 11/23/17	FRIDAY 11/24/17
PINTO BEANS W/ ONION PARSLIED POTATOES STEAMED CABBAGE BANANA CORNBREAD	TAHITIAN CHICKEN SEASONED GREENS CARROTS FRUIT SALAD WHOLE WHEAT ROLL	TURKEY W/GRAVY SWEET POTATOES GREEN BEANS FRUIT COBBLER WHEAT ROLL		
MONDAY 11/27/17	TUESDAY 11/28/17	WEDNESDAY 11/29/17	THURSDAY 11/30/17	FRIDAY
BAKED PORK & MUSHROOM GRAVY BAKED SWEET POTATO VEGETABLE MEDLEY MANDARIN ORANGES WHEAT ROLL	CHICKEN DIVAN WHIPPED POTATOES BRUSSEL SPROUTS BANANA ROLL	SLOPPY JOE W/BUN CHEESY POTATOES COLE SLAW ORANGE MEDLEY	HAMBURGER W/ BUN LETTUCE, TOMATO, ONION OVEN FRIES BROCCOLI /CARROT SALAD BANANA	

*MILK OR SERVED DAILY

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

REGISTERED DIETITIAN: _____

Cathy Hx PhD RD

*** 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

December 2017

UCHRA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 12/1/17
				OVEN FRIED CHICKEN GREEN PEAS MASHED POTATOES BISCUIT WHOLE ORANGE
MONDAY 12/4/17	TUESDAY 12/5/17	WEDNESDAY 12/6/17	THURSDAY 12/7/17	FRIDAY 12/8/17
SALISBURY STEAK MASHED POTATOES BABY LIMA'S APPLESAUCE W/TOPPING WHOLE WHEAT ROLL	BBQ PORK W/ BUN PASTA SALAD W/ FRESH VEGETABLES CHILLED TOMATOES STRAWBERRIES AND CREAM	NORTHERN BEANS BREADED SQUASH GREEN BEANS PEACHES CORNBREAD MUFFIN VANILLA WAFERS	PORK CUTLET BAKED SWEET POTATO ITALIAN MIXED VEGETABLES PEARS WHEAT ROLL MULTIGRAIN COOKIE	SWEET & SOUR CHICKEN BROWN RICE W/ MUSHROOMS CARROTS PEACHES WHEAT ROLL
MONDAY 12/11/17	TUESDAY 12/12/17	WEDNESDAY 12/13/17	THURSDAY 12/14/17	FRIDAY 12/15/17
MACARONI & CHEESE BLACK EYED PEAS STEAMED BROCCOLI PINEAPPLE CHUNKS CORNBREAD	OPEN ROAST BEEF SANDWICH W/ GRAVY MASHED POTATOES BRUSSEL SPROUTS PEACH SLICES	CHICKEN & RICE CASSEROLE GREEN PEAS SLICED STRAWBERRIES WHOLE WHEAT ROLL	BAKED FISH WHITE BEANS SLAW MIXED FRUIT HUSHPUDDY BREAD	BEEF STROGANOFF EGG NOODLES VEGETABLE MEDLEY APPLESAUCE WHEAT ROLL
MONDAY 12/18/17	TUESDAY 12/19/17	WEDNESDAY 12/20/17	THURSDAY 12/21/17	FRIDAY 12/22/17
PINTO BEANS W/ ONION PARSLIED POTATOES STEAMED CABBAGE BANANA CORNBREAD	TAHITIAN CHICKEN SEASONED GREENS CARROTS FRUIT SALAD WHOLE WHEAT ROLL	TURKEY W/GRAVY SWEET POTATOES GREEN BEANS FRUIT COBBLER WHEAT ROLL	HAMBURGER W/ BUN LETTUCE, TOMATO, ONION OVEN FRIES BROCCOLI /CARROT SALAD BANANA	
MONDAY 12/25/17	TUESDAY 12/26/17	WEDNESDAY 12/28/17	THURSDAY 12/29/17	FRIDAY 12/30/17
		BAKED PORK & MUSHROOM GRAVY BAKED SWEET POTATO VEGETABLE MEDLEY MANDARIN ORANGES WHEAT ROLL	CHICKEN DIVAN WHIPPED POTATOES BRUSSEL SPROUTS BANANA ROLL	SLOPPY JOE W/BUN CHEESY POTATOES COLESLAW ORANGE MEDLEY

*MILK OR SERVED DAILY

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

REGISTERED DIETITIAN: Cathy He PhD, RD

*** 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