

NUTRITION MENU

UCHRA

April 2017

UCHRA

MONDAY 4/3/17	TUESDAY 4/4/17	WEDNESDAY 4/5/17	THURSDAY 4/6/17	FRIDAY 4/7/17
Sausage Patty Hash Brown Casserole Cinnamon Apples Biscuit w/Gravy Tomato Slices	Salisbury Steak w/Brown Gravy Creamed Potatoes Peas Pears WW Roll	BBQ Chicken Green Beans Pasta Salad Strawberries Vanilla Wafers WW Roll	Macaroni & Cheese Blackeyed Peas Steamed Broccoli Pineapple Chunks Cheesy Cornbread	Tuna Salad Broccoli Coleslaw Fresh Tomato Wedges Banana Wheat Slices
MONDAY 4/10/17	TUESDAY 4/11/17	WEDNESDAY 4/12/17	THURSDAY 4/13/17	FRIDAY 4/14/17
Chicken Lombardi Egg Noodles Buttered Carrots Orange Wheat Roll	Pinto Beans w/Onion Squash Casserole Turnip Greens Tropical Fruit Corn Bread	Oven Fried Pork Steak Mashed Sweet Potato Brussel Sprouts Jell-O w/ Fruit Wheat Roll Brownie	Hamburger w/ Bun Lettuce, Tomato, Onion Marinated Vegetable Salad Potato Wedges Fruit Crisp	Good Friday
MONDAY 4/17/17	TUESDAY 4/18/17	WEDNESDAY 4/19/17	THURSDAY 4/20/17	FRIDAY 4/21/17
Roast Beef & Gravy Egg Noodles Spinach Carrots Mandarin Oranges Wheat Roll	Kraut & Wieners Northern Beans Mixed Greens Strawberries Cornbread Multigrain Cookie	Tuna Salad Broccoli Slaw Tomato Wedge Wheat Slices Banana	Chicken Parmesan Marinara Sauce Spaghetti Noodles Chef Cut Vegetables Applesauce Italian Bread	Fish on Bun Calico Slaw Oven Fries Peaches Tartar Sauce
MONDAY 4/24/17	TUESDAY 4/25/17	WEDNESDAY 4/26/17	THURSDAY 4/27/17	FRIDAY 4/28/17
Oven Baked Chicken w/Mushroom Gravy Brown Rice Green Peas Mandarin Salad WW Roll	Stuffed Peppers Blackeyed Peas Mashed Potatoes Fruit Cocktail WW Roll	Lasagna Whole Kernel Corn Tossed Salad w/Dressing Strawberries Garlic Bread	Chopped Steak Baked Potato w/Sour Cream Mixed Veggies Pears WW Roll	Chicken Salad Wheat Slices Broccoli Carrot Salad Banana Baked Chips
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				

*MILK OR SERVED DAILY

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

REGISTERED DIETITIAN: Cathy Hix 3-27-17

*** 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

May 2017

UCHRA

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MONDAY 5/1/17	TUESDAY 5/2/17	WEDNESDAY 5/3/17	THURSDAY 5/4/17	FRIDAY 5/5/17
SAUSAGE PATTY HASH BROWN CASSEROLE CINNAMON APPLES BISCUIT W/GRAVY TOMATO SLICES	SALISBURY STEAK W/BROWN GRAVY CREAMED POTATOES PEAS PEARS WW ROLL	BBQ CHICKEN GREEN BEANS PASTA SALAD STRAWBERRIES VANILLA WAFERS WW ROLL	MACARONI & CHEESE BLACKEYED PEAS STEAMED BROCCOLI PINEAPPLE CHUNKS CHEESY CORNBREAD	TUNA SALAD BROCCOLI COLESLAW FRESH TOMATO WEDGES BANANA WHEAT SLICES
MONDAY 5/8/17	TUESDAY 5/9/17	WEDNESDAY 5/10/17	THURSDAY 5/11/17	FRIDAY 5/12/17
CHICKEN LOMBARDI EGG NOODLES BUTTERED CARROTS ORANGE WHEAT ROLL	PINTO BEANS W/ONION SQUASH CASSEROLE TURNIP GREENS TROPICAL FRUIT CORN BREAD	OVEN FRIED PORK STEAK MASHED SWEET POTATO BRUSSEL SPROUTS JELL-O W/FRUIT WHEAT ROLL BROWNIE	HAMBURGER W/BUN LETTUCE, TOMATO ONION MARINATED VEGETABLE SALAD POTATO WEDGES FRUIT CRISP	CHICKEN FILLET / BUN PASTA SALAD BAKED BEANS TROPICAL FRUIT
MONDAY 5/15/17	TUESDAY 5/16/17	WEDNESDAY 5/17/17	THURSDAY 5/18/17	FRIDAY 5/19/17
ROAST BEEF & GRAVY EGG NOODLES SPINACH CARROTS MANDARIN ORANGES WHEAT ROLL	6 OZ KRAUT & WIENERS 4 OZ NORTHERN BEANS 4 OZ MIXED GREENS 4 OZ STRAWBERRIES CORNBREAD MULTIGRAIN COOKIE	6 OZ TUNA SALAD 4 OZ BROCCOLI SLAW 4 OZ TOMATO WEDGE 2 WHEAT SLICES BANANA	3 OZ CHICKEN PARMESAN 3 OZ MARINARA SAUCE 3 OZ SPAGHETTI NOODLES 4 OZ CHEF CUT VEGETABLES 4 OZ APPLESAUCE ITALIAN BREAD	3 OZ FISH ON BUN 4 OZ CALICO SLAW 4 OZ OVEN FRIES 4 OZ PEACHES TARTAR SAUCE
MONDAY 5/22/17	TUESDAY 5/23/17	WEDNESDAY 5/24/17	THURSDAY 5/25/17	FRIDAY 5/26/17
OVEN BAKED CHICKEN W/MUSHROOM GRAVY BROWN RICE GREEN PEAS MANDARIN SALAD WW ROLL	STUFFED PEPPERS BLACKEYED PEAS MASHED POTATOES FRUIT COCKTAIL WW ROLL	LASAGNA WHOLE KERNEL CORN TOSSED SALAD W/DRESSING STRAWBERRIES GARLIC BREAD	CHOPPED STEAK BAKED POTATO W/SOUR CREAM MIXED VEGGIES PEARS WW ROLL	CHICKEN SALAD WHEAT SLICES BROCCOLI CARROT SALAD BANANA BAKED CHIPS
MONDAY 5/29/17	TUESDAY 5/30/17	WEDNESDAY 5/31/17	THURSDAY	FRIDAY
	CHICKEN STRIPS W/ HONEY MUSTARD GREEN BEANS RICE MEDLEY PINEAPPLE CHUNKS WHOLE WHEAT ROLL	BEEF & BEAN BURRITO SPANISH RICE TOMATO, CUCUMBER & ONION SALAD ORANGE		

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REGISTERED DIETITIAN: Cathy H. 3-27-17

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NUTRITION MENU

June 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY 6/1/17	FRIDAY 6/2/17
			SAUSAGE PATTY HASH BROWN CASSEROLE CINNAMON APPLES BISCUIT W/GRAVY TOMATO SLICES	SALISBURY STEAK W/BROWN GRAVY CREAMED POTATOES PEAS PEARS WW ROLL
MONDAY 6/5/17	TUESDAY 6/6/17	WEDNESDAY 6/7/17	THURSDAY 6/8/17	FRIDAY 6/9/17
CHICKEN LOMBARDI EGG NOODLES BUTTERED CARROTS ORANGE WHEAT ROLL	PINTO BEANS W/ONION SQUASH CASSEROLE TURNIP GREENS TROPICAL FRUIT CORN BREAD	OVEN FRIED PORK STEAK MASHED SWEET POTATO BRUSSEL SPROUTS JELL-O W/FRUIT WHEAT ROLL BROWNIE	HAMBURGER W/BUN LETTUCE, TOMATO ONION MARINATED VEGETABLE SALAD POTATO WEDGES FRUIT CRISP	CHICKEN FILLET / BUN PASTA SALAD BAKED BEANS TROPICAL FRUIT
MONDAY 6/12/17	TUESDAY 6/13/17	WEDNESDAY 6/14/17	THURSDAY 6/15/17	FRIDAY 6/16/17
ROAST BEEF & GRAVY EGG NOODLES SPINACH CARROTS MANDARIN ORANGES WHEAT ROLL	6 OZ KRAUT & WIENERS 4 OZ NORTHERN BEANS 4 OZ MIXED GREENS 4 OZ STRAWBERRIES CORNBREAD MULTIGRAIN COOKIE	6 OZ TUNA SALAD 4 OZ BROCCOLI SLAW 4 OZ TOMATO WEDGE 2 WHEAT SLICES BANANA	3 OZ CHICKEN PARMESAN 3 OZ MARINARA SAUCE 3 OZ SPAGHETTI NOODLES 4 OZ CHEF CUT VEGETABLES 4 OZ APPLESAUCE ITALIAN BREAD	3 OZ FISH ON BUN 4 OZ CALICO SLAW 4 OZ OVEN FRIES 4 OZ PEACHES TARTAR SAUCE
MONDAY 6/19/17	TUESDAY 6/20/17	WEDNESDAY 6/21/17	THURSDAY 6/22/17	FRIDAY 6/23/17
OVEN BAKED CHICKEN W/MUSHROOM GRAVY BROWN RICE GREEN PEAS MANDARIN SALAD WW ROLL	STUFFED PEPPERS BLACKEYED PEAS MASHED POTATOES FRUIT COCKTAIL WW ROLL	LASAGNA WHOLE KERNEL CORN TOSSED SALAD W/DRESSING STRAWBERRIES GARLIC BREAD	CHOPPED STEAK BAKED POTATO W/SOUR CREAM MIXED VEGGIES PEARS WW ROLL	CHICKEN SALAD WHEAT SLICES BROCCOLI CARROT SALAD BANANA BAKED CHIPS
MONDAY 6/26/17	TUESDAY 6/27/17	WEDNESDAY 6/28/17	THURSDAY 6/29/17	FRIDAY 6/30/17
BBQ CHICKEN GREEN BEANS PASTA SALAD STRAWBERRIES VANILLA WAFERS WW ROLL	MACARONI & CHEESE BLACKEYED PEAS STEAMED BROCCOLI PINEAPPLE CHUNKS CHEESY CORNBREAD	TUNA SALAD BROCCOLI COLESLAW FRESH TOMATO WEDGES BANANA WHEAT SLICES	CHICKEN STRIPS W/ HONEY MUSTARD GREEN BEANS RICE MEDLEY PINEAPPLE CHUNKS WHOLE WHEAT ROLL	BEEF & BEAN BURRITO SPANISH RICE TOMATO, CUCUMBER & ONION SALAD ORANGE

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