MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK SITE: _____

APPROVED BY: _____ SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Chef Salad w/Hard Cooked Egg, Roast Beef and Turkey	Roasted Chicken	Salmon Loaf w/Lemon Sauce	Swedish Meatballs	Cheese Tortellini w/ Meat Sauce
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Romaine Lettuce w/Russian Dressing Coleslaw	Collard Greens	Steamed Broccoli	Carrots Red Cabbage	Italian Beans
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Potato Salad Pita Bread	Baked Sweet Potato Dinner Roll	Roasted Potato Wedges Wheat Bread	Egg Noodles Rye Bread	Lentil Soup Italian Bread
**FRUIT 1 SERVING (1/2 cup or equivalent measure)	Orange Juice	Apple Juice Watermelon Slice	Orange Juice Peaches	Orange Juice	Grape Juice
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)	Tapioca Pudding			Carrot Cake w/Cream Cheese Icing	Fresh Berry Parfait

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Roast Lemon Herb Chicken Quarter	Stuffed Cabbage	Hungarian Goulash	Garlic Alfredo Tilapia	Eggplant Rollatini
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Creamy Carrot Soup Sauteed Spinach	Dilled Peas & Carrots	Tomato Basil & Orzo Soup Scandinavian Vegetables	Zucchini & Roasted Red Peppers Broccoli Normandy	Italian Vegetables Caesar Salad
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Long Grain & Wild Rice Multigrain Bread	Egg Noodles Pumpernickel Bread	Bow Tie Pasta Rye Bread	Linguine Whole Wheat Bread	Penne w/ Marinara Sauce Garlic Bread
**FRUIT 1 SERVING (1/2 cup or equivalent measure)	Fruited Gelatin w/ whipped cream	Pineapple Tidbits Cranberry Juice	Fresh Orange	Orange Juice	Banana
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)				Orange Cake	

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Meatloaf w/ Gravy	Lamb w/ mint jelly	Chicken Fricassee	Pork Ragu	Turkey Burger
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Steamed Spinach 4 Bean Salad	Asparagus Tips Spinach Salad	Broccoli, Corn & Bell Pepper Medley	Minestrone Soup Sautéed Kale	Mixed Vegetables Tomato & Onion Salad
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Mashed Potatoes Whole Wheat Bread	Baked Potato Multi Grain Roll	Potatoes & Onions Rye	Polenta Rye	Macaroni & Cheese Hamburger Roll
**FRUIT 1 SERVING (1/2 cup or equivalent measure)	Peaches	Apricots	Orange Juice	Melon Salad	
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)	Vanilla Pudding		Apricots		Yogurt w/ fruit

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Fresh Ham	Stuffed Shells	Beef Stew over Egg Noodles	Tuna Salad on bed of Romaine Lettuce	Key Lime Chicken
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Brussel Sprouts Coleslaw	Italian Broad Beans Romaine Salad	Broccoli Carrots	Coleslaw Beet Salad	Garlic Spinach Diced Carrots
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Baked Sweet Potato Rye Bread	Italian Bread	Pumpernickel Bread	Chick Pea Salad Whole Wheat Bread	Rice Dinner Roll
**FRUIT 1 SERVING (1/2 cup or equivalent measure)	Applesauce	Apple	Apple Juice	Tropical Fruit	Pineapple Juice
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)		Chocolate Pudding	Rice Pudding		Fruit Cup

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Falafel Tahini & Hummus	Pork Cutlet w/ Gravy	Chicken Parmesan	Flounder Newburg	Stuffed Peppers
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Israeli Salad Romaine & Tomato Salad	Broccoli Florets Beet Salad	Carrots Mixed Greens Salad	Broccoli	Peas and carrots
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Cous Cous Pita Bread	Mashed Potatoes Rye Bread	Penne Rigate Italian Bread	Brown Rice Dinner Roll	White Rice Onion Roll
**FRUIT 1 SERVING (1/2 cup or equivalent measure)		Applesauce		100% Fruit Juice	Banana
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)	Fruited Gelatin		Ambrosia	Orange	Sherbert

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
MEAT or MEAT ALTERNATE 3 OZ. COOKED EDIBLE PROTEIN	Pepper Steak	Seafood Copiano	Chicken Bruschetta	Veal Marsala	Beef Burgundy
* VEGETABLES 2 SERVINGS (1/2 cup or equivalent measure) Vit. C daily & Vit A 3x/wk.	Sugar Snap Peas w/Mushrooms Bok Choy and Orange Salad	Caesar Salad	Mixed Vegetables Spinach	Green Beans Amandine Pea Soup	Broccoli Peas and Carrots
WHOLE GRAIN BREAD or ALTERNATE 2 SERVINGS	Vegetable Lo-Mein Multi-grain Bread	Vegetable Rice Medley Soft Breadstick	Mashed Potatoes Roll	Roasted Potato Wedges Pumpernickel Bread	Orzo Rye Bread
**FRUIT 1 SERVING (1/2 cup or equivalent measure)		Cranberry Juice	Sliced Peaches	Orange Juice	Fruit Salad
1% or SKIM MILK or MILK ALTERNATE 1 SERVING (1 cup or equivalent measure)	Provided	Provided	Provided	Provided	Provided
FAT 1 TEASPOON - (Vegetable Oils)	Provided	Provided	Provided	Provided	Provided
DESSERT (DISCRETIONARY)	Oatmeal Cookie Diabetics: S/F Cookie	Peach Pie HDM: Peach Cobbler		Pound Cake	

***An additional vegetable may be served in place of a fruit.**
****An additional fruit may be served in place of a vegetable.**

BREAKFAST MENU PLAN – NUTRITION PROGRAM FOR THE ELDERLY

COUNTY: SUFFOLK

SITE: _____

APPROVED BY: _____

SITE MANAGER: _____

DATE/DAY					
PROTEIN (1 Serving)	1 large hard cooked egg or 1/3 cup egg substitute or 2 egg whites	3 oz. low fat cottage cheese or 1 oz. natural cheese	6 oz. low fat yogurt or 5.3 oz. Greek yogurt	2 tbs. peanut butter	2 tbs. nuts or seeds
WHOLE GRAIN BREAD or ALTERNATE (1 of 2 Servings)	1 individual box/bowl unsweetened cereal	1 cup fortified oatmeal, grits, wheatena or cream of rice, cooked			
WHOLE GRAIN BREAD or ALTERNATE (1 of 2 Servings)	1 slice bread, preferable whole grain				
FRUIT (1 Serving)	1 medium fresh fruit	½ cup chopped, cooked, or canned fruit	½ cup 100% fruit juice		
FAT (1 Serving)	1 tsp. trans-fat free margarine				
MILK (1 Serving)	8 oz. of 1% or skim milk				