



**SENIOR SOLUTIONS**  
**CARE + NUTRITION**

# OUR MENU

by CSW

by CSW

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## Week 1

### Country Herb Chicken

with mashed potatoes, green beans & carrots, milk, margarine, raisin bran, & orange juice

### Salisbury Steak

with cubed potatoes, peas & carrots, milk, margarine, Whole wheat bread, & squeezable fruit

### Swedish Meatballs

with noodles, broccoli & black bean blend, milk, margarine, whole wheat bread, apple juice, & a Moon Pie

### Homestyle Lasagna

with green beans, garbanzo bean blend, milk, margarine, whole wheat bread, & a Moon Pie

### Cheesy Scrambled Eggs

with turkey sausage, grits, cinnamon peaches, milk, margarine, whole wheat bread, & Raisin Bran

### Cheese Tortellini

with Brussels sprouts, carrots, milk, margarine, whole wheat bread, Nutrigrain Bar, & orange juice

### BBQ Pork Rib Patty

with sweet potatoes, greens, milk, margarine, whole wheat bread, & apple juice

## Week 2

### Chicken Cacciatore

with Brussels sprouts & yellow squash, milk, margarine, whole wheat bread, & raisins

### Meatballs & Rice

with mushroom gravy, zucchini, mixed vegetables, milk, margarine, whole wheat bread, & orange juice

### Western Scrambled Eggs

with ham, cinnamon peaches, seasoned potatoes, milk, margarine, whole wheat bread, & Raisin Bran

### Charbroiled Beef Patty

with mashed potatoes, peas & carrots, black bean blend, milk, margarine, & orange juice

### Chicken & Rice

with mushroom sauce, broccoli, carrots, milk, margarine, cinnamon apple juice, & raisins

### Cheese Ravioli

with marinara sauce, cauliflower, broccoli, milk, margarine, whole wheat bread, & Nutrigrain Bar

### Beef Stew

with green beans, yellow squash, milk, margarine, whole wheat bread, & raisins

## Week 3

### Cheddar Cheese Omelet

with turkey sausage, seasoned potatoes, cinnamon applesauce, milk, margarine, & whole wheat bread

### Chicken Ala King

with cheesy cauliflower, Brussels sprouts, milk, margarine, whole wheat bread, & apple juice

### Southern Style Fish

over rice with green peas, California blend milk, margarine, whole wheat bread, & raisins

### Turkey & Dressing

with gravy, corn, green beans, milk, margarine, whole wheat bread, blended juice, & Nutrigrain Bar

### Santa Fe Chicken

with lima bean blend & carrots, milk, margarine, whole wheat bread, & orange juice

### Linguine Alfredo

with a vegetable blend and Parmesan cheese, Brussels sprouts, yellow squash, milk, margarine, whole wheat bread, & applesauce

### Chicken Chili

with beans and rice, peas and carrots, yellow squash, milk, margarine, whole wheat bread, & squeezable fruit

## Week 4

### **Pasta & Meatsauce**

with California Blend green peas, milk, margarine, whole wheat bread, & squeezable fruit

### **Spaghetti & Meatballs**

with broccoli, black bean blend, milk, margarine, whole wheat bread, & orange juice

### **Breaded Baked Fish**

with lima beans, corn with peppers, milk, margarine, whole wheat bread, Raisin Bran, & blended juice

### **Chicken Teriyaki**

with rice and veggies, yellow squash, green beans, milk, margarine, whole wheat bread, Nutrigrain Bar, & raisins

### **Chicken Broccoli Alfredo**

with carrots, zucchini, red potatoes, milk, margarine, whole wheat bread, apple juice, & a Moon Pie

### **Ginger Chicken**

with rice, black beans, carrots, cauliflower, milk, margarine, whole wheat bread, & blended juice

### **Spanish Omelet**

with maple oatmeal, cinnamon applesauce, milk, margarine, Raisin Bran, & orange juice

## Week 5

### **Fiesta Chicken**

over rice with chili sauce, black beans, yellow squash, milk, margarine, whole wheat bread, & orange juice

### **George Brunswick Stew**

with green beans & carrots, milk, margarine, whole wheat bread, & squeezable fruit

### **Meatloaf & Gravy**

with Brussels sprouts, carrots, milk, margarine, whole wheat bread, & squeezable fruit

### **Grilled Pork Patty**

with mashed potatoes & gravy, green beans, California Blend veggies, milk, margarine, whole wheat bread, & Nutrigrain Bar

### **Turkey Tetrazzini**

with yellow squash, Brussels sprouts, milk, margarine, whole wheat bread, & cinnamon applesauce

### **French Toast Sticks**

with turkey sausage, seasoned potatoes, peaches, milk, margarine, whole wheat bread, Raisin Bran, & orange juice

### **Mesquite Chicken**

with rice blend, green beans, carrots, milk, margarine, Whole wheat bread, & squeezable fruit

## Week 6

### **Turkey Pot Roast**

with mashed potatoes, green beans & carrots, milk, margarine, whole wheat bread, & cinnamon applesauce

### **Creole Baked Fish**

with cauliflower, green beans, milk, margarine, whole wheat bread, & orange juice

### **Mac & Cheese**

with peas, carrots, milk, margarine, whole wheat bread, & Nutrigrain Bar.

### **Chicken Parmesan**

with zucchini, yellow squash, milk, margarine, whole wheat bread, & squeezable fruit

### **Sweet Sour Chicken**

with rice, carrots, sugar snap peas, milk, margarine, whole wheat bread, raisins, & blended juice

### **Roasted Chicken**

with cubed potatoes, carrots, lima beans, milk, margarine, whole wheat bread, apple juice, & a Moon Pie

### **Buttermilk Pancakes**

with turkey sausage, hash browns, cinnamon applesauce, whole wheat bread, milk, margarine, & squeezable fruit





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