December 2018 Senior Resources' Meal on Wheels & Adult Day Center Menu Trinity Muscatine

Sunday	CHO	Monday	CHO	Tuesday	CHO	Wednesday	CHO	Thursday	CHO	Friday	CHO	Saturday	CHO
Senior Resources 1808 Mulberry Ave Muscatine, IA 52761 **(563) 263-7292**		CHO (choice) provides guidance on maintaining a consistent carbohydrate diet. Carbohydrate counting is based on choices or grams per meal. -One carbohydrate choice (CHO) is approximately 15 grams of carbohydrate.		Salt Shaker indicates meals that are above 800 mg of sodium. All meals are served with 8 oz. 1% Milk		Senior Resources will be closed on Dec. 24th and 25th. If you'd like to cancel your meal for those days, please call Shannon by 4 PM on Friday Dec. 21st						1) Meat Lasagna ½ C Italian veg. Blend Bread Stick ½ C Fruited Jello 5 each Vanilla Wafer Cookie	2 .5 1 2 1
2) 3 BBQ Peach Chicken Tenders ½ C Green Beans& Almonds 6 Baked Potato Wedges ½ C Apple Walnut salad Chocolate Chip Cookie	2 1.5 1 1	3) 8 oz Beef Stroganoff w/ Egg Noodles ½ C Peas & Carrots 1 Slice Wheat Bread ½ C Fruit Cocktail	2 .5 1 1	4) 8 oz Chicken Pot Pie 1 Biscuit ½ C Peaches ½ C Green Beans Orange Juice	1.5 1 1 1	5) 3 oz. Sloppy Joe on Bun 1 C Roasted Red Potatoes ½ C Veg. Medley 1 Banana Sherbet	3 2.5 2 1.5	6) 8 oz Chicken Noodle Soup Roast Beef Sandwich ½ C Broccoli Sugar Cookie ½ C Peaches	.5 1.5 1 1	7) Hamburger on Bun 6 Herbed Potato Wedges ½ C Asparagus ½ C Scalloped Apple 5 Wafer cookies	2 1.5 1.5 1	8) Swiss Steak 1 Baked Potato ½ C Carrots ½ C Applesauce Brownie	.5 2.5 1 2
9 Glazed Boneless Pork Chop Baked Potato 1 slice Wheat Bread ½ C California Blend Veg. 1 C Strawberries Chocolate Chip Cookies	1 2.5 1 1 1	10)) **Happy Birthday** 4oz Birthday Chicken 1 C Roasted Potatoes ½ C Garlic Roasted Veggies Tropical Fruit Wheat Dinner Roll Vanilla Ice Cream 1 pc Birthday Cake	 2.5 .5 1 1 3 2	11) 8 oz Navy Bean Soup ½ C Egg Salad ½ C Garden Salad 1 slice Wheat Bread Graham Cracker Fresh Orange	1.5 1 1 1	12) Meat Loaf ½ C Whipped Potatoes ½ C Green Beans Wheat Bread ½ C Pears Sherbet	.5 1 1 1 1.5	13) Beef Pot Roast ½ C Mashed Potatoes ½ Green Beans & Carrots Wheat Dinner Roll ½ C Pineapple Orange Juice	 1 .5 1 .5 1	14) 3 oz. Baked Tilapia ½ C Brown Rice ½ C Mixed Veg. ½ C Garden Salad Fresh Orange Chocolate Ice Cream	 2 1 3	15) 3 oz. Turkey Sandwich on Wheat 8 oz Tomato Basil Soup 1 Bag Chips ½ C Pears Lemon Bar	1.5 1.5 2 1 4
16) 3 oz Grilled Chicken ½ C Brussels Sprouts 1 C Roasted Sweet Potatoes ½ C Fruit cocktail 1 Chocolate Chip Cookie	 .5 2 1 1	17) 4 oz. Scrambled eggs ½ C Hash Brown 1 Turkey patty Banana Muffin Banana Orange Juice	 1 2 2 1	18) 8 oz Rigatoni & Meatball ½ C Capri Blend ½ C Garden Salad Breadstick ½ C Applesauce Graham Cracker	2 1 1 1	19) **HOLIDAY MEAL** 3oz Ham w/Cranberry Glaze 1 Baked Sweet Potato ½ c California Veggies 1 sl Wheat Berry Bread 1/8 Pumpkin Pie 	 2 2 3	20) Baked Cod 1 C Parslied Red Potato ½ C Green Beans ½ C Pears Sugar Cookie	.5 2 1 1	21) 8 oz. Turkey a la King ½ C Whipped Potatoes ½ C Peas ½ C Pineapple Brownie	1 1 1 .5 2	22) Salisbury Steak ½ C Whipped Potato ½ C Broccoli Fresh Orange Oatmeal Raisin Cookie	1 1 1 1
23) 4 oz. Meatloaf Baked Potato ½ C Asparagus Dinner Roll ½ Pears	 .5 2.5 1.5 1	24) **CHRISTMAS EVE** 8oz Spaghetti w/Meat Sauce 1 C Garden Salad w/ Tomato wedges Garlic Bread Stick Orange Sherbet Fresh Apple	 4 1 1.5 1	25) **CHRISTMAS** 3oz Baked Ham ½ c Whipped Potatoes w/gravy ¼ c Bread Dressing ½ c Green Beans 1/8 Cherry Pie 		26) Honey Mustard Chicken Sandwich 6 Potato Wedges ½ C Honey Carrots ½ C Fruit cocktail Orange Juice	3 3 1.5 1 1	27) 3 oz. Roast Turkey Baked Potato 1/2 C Brussels Sprouts 1 C Grapes Sugar Cookie	 2.5 .5 3 1	28) 8oz Beef Stew 1 slice Wheat Bread ½ C Garden Salad Banana Vanilla Ice Cream	1.5 1 2 1	29) 6 oz. Tuna Noodle Cass. ½ C Whipped Potato ½ C Mushrooms & Peas ½ C Mandarin Oranges Sugar Cookies	3 1 1 .5 1
30) Roasted Pork Loin ½ C Mixed Veg. ½ C Whipped Potato Apple Wheat Bread Graham Cracker	 1 1 1 1	31) 1 C Cream of Potato Soup Cold Cut/Cheese Sub Lettuce/Tomato ½ c Tropical Fruit Rice Krispie Treat	 2 1 1.5										