

SENIOR MEALS FROZEN MEAL MENU

November 2018 – February 2019

NAME: _____

Number of meals _____ per week.

No Bread with Meals [] / No Milk with Meals []

Menu # 1	Roast Turkey
Calories: 714	Dressing and Gravy
Fat: 19%	Whipped Sweet Potatoes
Sodium mg: 902	Green Beans
Carbs: 99	Whole Wheat Bread
	1% Milk
Menu # 2	Baked Beef Rigatoni
Calories: 698	Steamed Spinach
Fat: 24%	Applesauce
Sodium mg: 824	Whole Wheat Bread
Carbs: 87	1% Milk
Menu # 3	Diced Chicken/Verde Sauce
Calories: 575	With Brown Rice
Fat: 21%	Chuckwagon corn
Sodium mg: 388	Diced Spiced Peaches
Carbs: 89	Whole Wheat Bread
	1% Milk
Menu # 4	Baked Ham w/Orange Glaze
Calories: 661	Green Peas & Onions
Fat: 19%	Whipped Sweet Potatoes
Sodium mg: 1452	Whole Wheat Bread
Carbs: 97	1% Milk
Menu # 5	Southwest Chicken Breast
Calories: 638	Creamed Potatoes
Fat: 16%	Broccoli & Cauliflower
Sodium mg: 967	Whole Wheat Bread
Carbs: 77	1% Milk
Menu # 6	Breaded Baked Fish
Calories: 665	with Brown Rice
Fat: 24%	Broccoli Cuts
Sodium mg: 667	Diced Spiced Peaches
Carbs: 95	Whole Wheat Bread
	1% Milk

Menu # 7	Meatballs w/Brown Gravy
Calories: 724	with Brown Rice
Fat: 31%	Steamed Spinach
Sodium mg : 878	Spiced Apples
Carbs: 91	Whole Wheat Bread
	1% Milk
Menu # 8	Sweet & Sour Pork w/Brown Rice
Calories: 691	Broccoli Cuts
Fat: 25%	Diced Spiced Peaches
Sodium mg: 699	Whole Wheat Bread
Carbs: 99	1% Milk
Menu # 9	Macaroni & Cheese
Calories: 790	Mixed Vegetables
Fat: 28%	Stewed Tomatoes
Sodium mg: 879	Whole Wheat Bread
Carbs: 105	1% Milk
Menu # 10	Pasta Primavera
Calories: 712	Green Peas
Fat: 30%	Blushing Applesauce
Sodium mg: 766	Whole Wheat Bread
Carbs: 91	1% Milk
Menu # 11	Cheese Enchiladas w/Sauce
Calories: 709	Spanish Rice
Fat: 32%	Spiced Apples
Sodium mg: 966	Whole Wheat Bread
Carbs: 108	1% Milk
Menu # 12	Egg & Cheese Omelet
Calories: 658	with Creole Sauce
Fat: 43%	Steamed Spinach
Sodium mg: 1131	Chuckwagon Corn
Carbs: 71	Whole Wheat Bread
	1% Milk

**All menus meet 1/3 of the DRI and have been approved by a Dietitian.
Meals are diabetic friendly. The suggested donation is \$3.00 per meal.**