

FEBRUARY 2010

Aging & In Home Services of N.E. Indiana, Inc.

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 VEAL PATTY W/TOMATO SAUCE & MOZZ. CHEESE KEY WEST VEG. BLEND BAKED POTATO & SOUR CREAM WHOLE WHEAT BREAD STEWED APPLES & CHERRIES MILK	2 CHICKEN & VEG. STEW CORN TURNIP GREENS WHOLE WHEAT BREAD FIG NEWTON MILK	3 ROAST PORK LOIN W/TROPICAL FRUIT SAUCE CARROTS COOKED CABBAGE WHEAT BREAD RAISINS MILK	4 HAMBURGER MACARONI & CHEESE SUCCOTASH WHOLE WHEAT HAMBURGER BUN MILK	5 BEEF PIE W/BROWN GRAVY ITALIAN GREEN BEANS CAULIFLOWER WHEAT BREAD DICED PEACHES MILK
8 INDIANA STYLE CHILI MAC CARROTS APPLES & RAISINS CORN BREAD MILK	9 LEMON PEPPER CHICKEN BLACK EYED PEAS SPINACH WHEAT BREAD CHOCOLATE PUDDING MILK	10 SMOKED SAUSAGE W/SAUERKRAUT GREEN BEANS MASHED POTATOES WHEAT BREAD ORANGE JELLO MILK	11 HAM & POTATO CHOWDER LEMON THYME BRUSSELS SPROUTS DICED CARROTS DINNER ROLL APPLESAUCE MILK	12 SPAGHETTI W/MEAT BALLS PARMESAN CHEESE ITALIAN GREEN BEANS CAULIFLOWER DINNER ROLL PINEAPPLE MILK
15 OAT BRAN BREADED CHICKEN NUGGETS EGG NOODLES W/GRAVY ORIENTAL BLEND VEG. CORN WHOLE WHEAT BREAD DICED PEAR MILK OFFICE CLOSED	16 CHICKEN FRIED STEAK COUNTRY GRAVY SPINACH SCALLOPED POTATOES WHEAT BREAD RAISINS MILK	17 SWEDISH MEATBALLS CALIFORNIA BLEND WAX BEANS WHITE & WILD RICE COOKIE MILK	18 BBQ BEEF NORTHERN BEANS CARROTS HAMBURGER BUN PUDDING CUP MILK	19 SMOTHERED GRILLED CHICKEN BREAST W/ONION GRAVY WHITE RICE PILAF ASPARAGUS CUTS WHEAT BREAD ORANGE PINE AMBROSIA MILK
22 BEEF STEW W/CABBAGE APPLES & CHERRIES CORN JELL-O MILK	23 CHICKEN TENDERS WHITE GRAVY SEASONED RICE PILAF TURNIP GREENS DINNER ROLL SLICED APPLES MILK	24 MEATLOAF BROWN GRAVY MASHED POTATOES HARVARD BEETS WHEAT BREAD DICED PEACHES MILK	25 SLICED TURKEY BREAST GRAVY SWEET POTATO CASSEROLE BROCCOLI CUTS WHEAT BREAD CRANBERRY PEAR CRISP MILK	26 LEMON HERBED OCEAN PERCH TARTAR SAUCE SPINACH PEAS & CORN WHOLE WHEAT BREAD PUDDING CUP MILK

****ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE ****

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1 CAL = 768 FAT = 26 G SODIUM = 636 MG FIBER = 10 G CARBS = 108 G CALCIUM = 494.43 MG	2 CAL = 557 FAT = 14 G SODIUM = 865 MG FIBER = 7 G CARBS = 78 G CALCIUM = 536.96 MG	3 CAL = 686 FAT = 20 G SODIUM = 809 MG FIBER = 9 G CARBS = 105 G CALCIUM = 411.56 MG	4 CAL = 741 FAT = 33 G SODIUM = 831 MG FIBER = 9 G CARBS = 73 G CALCIUM = 515.06 MG	5 CAL = 554 FAT = 16 G SODIUM = 823 MG FIBER = 8 G CARBS = 63 G CALCIUM = 393.70 MG
8 CAL = 811 FAT = 32 G SODIUM = 536 MG FIBER = 11 G CARBS = 106 G CALCIUM = 423.35 MG	9 CAL = 726 FAT = 31 G SODIUM = 1183 MG FIBER = 6 G CARBS = 76 G CALCIUM = 506.29 MG	10 CAL = 562 FAT = 38 G SODIUM = 905 MG FIBER = 2 G CARBS = 41 G CALCIUM = 309.67 MG	11 CAL = 678 FAT = 25 G SODIUM = 937 MG FIBER = 8 G CARBS = 89 G CALCIUM = 690.45 MG	12 CAL = 715 FAT = 27 G SODIUM = 763 MG FIBER = 11 G CARBS = 92 G CALCIUM = 483.54 MG
15 CAL = 737 FAT = 21 G SODIUM = 803 MG FIBER = 9 G CARBS = 102 G CALCIUM = 376.21 MG	16 CAL = 718 FAT = 29 G SODIUM = 960 MG FIBER = 8 G CARBS = 90 G CALCIUM = 621.95 MG	17 CAL = 824 FAT = 33 G SODIUM = 845 MG FIBER = 7 G CARBS = 107 G CALCIUM = 407.95 MG	18 CAL = 757 FAT = 30 G SODIUM = 854 MG FIBER = 11 G CARBS = 91 G CALCIUM = 560.32 MG	19 CAL = 773 FAT = 23 G SODIUM = 883 MG FIBER = 8 G CARBS = 112 G CALCIUM = 413.12 MG
22 CAL = 685 FAT = 20 G SODIUM = 525 MG FIBER = 11 G CARBS = 105 G CALCIUM = 456.32 MG	23 CAL = 734 FAT = 28 G SODIUM = 751 MG FIBER = 7 G CARBS = 93 G CALCIUM = 608.03 MG	24 CAL = 760 FAT = 34 G SODIUM = 1126 MG FIBER = 6 G CARBS = 85 G CALCIUM = 361.78 MG	25 CAL = 795 FAT = 21 G SODIUM = 695 MG FIBER = 11 G CARBS = 127 G CALCIUM = 393.68 MG	26 CAL = 674 FAT = 30 G SODIUM = 716 MG FIBER = 6 G CARBS = 73 G CALCIUM = 539.60 MG
				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES