

MARCH 2010

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

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 COUNTRY HAM & BEANS CARROTS SEASONED BRUSSELS SPROUTS W/ONION CORN BREAD STRAWBERRY CHEESECAKE MILK	2 TURKEY BURGER SUCCOTASH WILD RICE PILAF HAMBURGER BUN NEWTON FRUIT CRISP MILK	3 CRISPY OVEN FRIED CHICKEN LEGS BAKED BEANS ROASTED POTATOES WHEAT BREAD DICED PEARS MILK	4 PORK & APPLE STEW BROCCOLI WHEAT BREAD PUDDING CUP MILK	5 SCRAMBLED EGGS & SAUSAGE LINK HASH BROWN POTATOES SCALLOPED PEACHES BRAN MUFFIN MILK
8 MESQUITE SMOKED CHICKEN BREAST W/BBQ SAUCE BROCCOLI CUTS BAKED POTATO SOUR CREAM & MARGARINE WHEAT BREAD VANILLA PUDDING CUP MILK	9 HOOSIER BREADED PORK LOIN CREAM GRAVY WHIPPED SWEET POTATOES SEASONED LIM A BEANS WHEAT BREAD DICED APPLES MILK	10 PASTA ALFREDO CHICKEN BREAST PEAS & CARROTS CINNAMON APPLESAUCE APRICOTS MILK	11 SLOW ROASTED BEEF W/MASHED POTATOES BROWN SAUCE PEAR & CRANBERRY CRISP CALIFORNIA BLEND VEG. WHEAT BREAD MILK	12 CHICKEN W/MOLE SAUCE MAUI VEG. BLEND SPINACH SALAD MULTI GRAIN ROLL FRUIT CRISP MILK
15 VEAL PATTY W/TOMATO SAUCE & MOZZ. CHEESE KEY WEST VEG. BLEND BAKED POTATO SOUR CREAM WHOLE WHEAT BREAD STEWED APPLES & CHERRIES MILK	16 CHICKEN & VEG. STEW CORN TURNIP GRENS WHOLE WHEAT BREAD FIG NEWTON MILK	17 ROAST PROK LOIN TROPICAL FRUIT SAUCE CARROTS COOKED CABBAGE WHEAT BREAD RAISINS MILK	18 HAMBURGER MACARONI & CHEESE SUCCOTASH WHOLE WHEAT HAMBURGER BUN PIE MILK	19 BEEF PIE 1/BROWN GRAVY ITALIAN GREEN BENAS CAULIFLOWER WHET BREAD DICED PEACHES MILK
22 INDIANA STYLE CHILI MAC CARROTS APPLES & RAISINS CORN BREAD MILK	23 LEMON PEPPER CHICKEN BLACK EYED PEAS SPINACH WHEAT BREAD CHOCOLATE PUDDING MILK	24 SMOKED SAUSAGE W/SAUERKRAUT GREEN BEANS MASHED POTATOES WHEAT BREAD ORANGE GELATIN MILK	25 HAM & POTATO CHOWDER LEMON THYME BRUSSELS SPROUTS DICED CARROTS DINNER ROLL APPLESAUCE MILK	26 SPAGHETTI W/MEAT BALLS PARMESAN CHEESE ITALIAN GREEN BEANS CAULIFLOWER DINNER ROLL PINEAPPLE MILK
29 OAT BRAN BREADED CHICKEN NUGGETS EGG NOODLES W/GRAVY ORIENTAL BLEND VEG. CORN WHOLE WHEAT BREAD DICED PEAR MILK	30 CHICKEN FRIED STEAK COUNTRY GRAVY SPINACH SCALLOPED POTATOES WHEAT BREAD RAISINS MILK	31 SWEDISH METBALLS CALIFORNIA BLEND WAX BEANS WHITE & WILD RICE COOKIE MILK		

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

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Monday	Tuesday	Wednesday	Thursday	Friday
1 CAL = 757 FAT = 21 G SODIUM = 708 MG FIBER = 17 G CARBS = 114 G CALCIUM = 580.96 MG	2 CAL = 942 FAT = 23 G SODIUM = 1173 MG FIBER = 8 G CARBS = 149 G CALCIUM = 635.93 MG	3 CAL = 735 FAT = 20 G SODIUM = 730 MG FIBER = 13 G CARBS = 100 G CALCIUM = 444.09 MG	4 CAL = 866 FAT = 25 G SODIUM = 1016 MG FIBER = 6 G CARBS = 133 G CALCIUM = 368.93 MG	5 CAL = 836 FAT = 29 G SODIUM = 717 MG FIBER = 6 G CARBS = 115 G CALCIUM = 410.30 MG
8 CAL = 650 FAT = 21 G SODIUM = 1039 MG FIBER = 8 G CARBS = 85 G CALCIUM = 395.99 MG	9 CAL = 832 FAT = 33 G SODIUM = 646 MG FIBER = 9 G CARBS = 93 G CALCIUM = 493.59 MG	10 CAL = 689 FAT = 20 G SODIUM = 835 MG FIBER = 7 G CARBS = 87 G CALCIUM = 618.37 MG	11 CAL = 802 FAT = 26 G SODIUM = 794 MG FIBER = 8 G CARBS = 109 G CALCIUM = 383.64 MG	12 CAL = FAT = G SODIUM = MG FIBER = G CARBS = G CALCIUM = MG
15 CAL = 768 FAT = 26 G SODIUM = 636 MG FIBER = 10 G CARBS = 108 G CALCIUM = 494.43 MG	16 CAL = 557 FAT = 14 G SODIUM = 865 MG FIBER = 7 G CARBS = 78 G CALCIUM = 536.96 MG	17 CAL = 686 FAT = 20 G SODIUM = 809 MG FIBER = 9 G CARBS = 105 G CALCIUM = 411.56 MG	18 CAL = 741 FAT = 33 G SODIUM = 831 MG FIBER = 9 G CARBS = 73 G CALCIUM = 515.06 MG	19 CAL = 554 FAT = 16 G SODIUM = 823 MG FIBER = 8 G CARBS = 63 G CALCIUM = 393.70 MG
22 CAL = 811 FAT = 32 G SODIUM = 536 MG FIBER = 11 G CARBS = 106 G CALCIUM = 423.35 MG	23 CAL = 726 FAT = 30 G SODIUM = 1183 MG FIBER = 6 G CARBS = 76 G CALCIUM = 506.29 MG	24 CAL = 562 FAT = 38 G SODIUM = 905 MG FIBER = 2 G CARBS = 41 G CALCIUM = 309.67 MG	25 CAL = 676 FAT = 25 G SODIUM = 937 MG FIBER = 8 G CARBS = 89 G CALCIUM = 690.45 MG	26 CAL = 715 FAT = 27 G SODIUM = 763 MG FIBER = 11G CARBS = 92 G CALCIUM = 483.54 MG
29 CAL = 737 FAT = 21 G SODIUM = 803 MG FIBER = 9 G CARBS = 102 G CALCIUM = 376.21 MG	30 CAL = 718 FAT = 29 G SODIUM = 960 MG FIBER = 8 G CARBS = 90 G CALCIUM = 621.95 MG	31 CAL = 824 FAT = 33 G SODIUM = 845 MG FIBER = 7 G CARBS = 107 G CALCIUM = 407.95 MG	THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL	

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES