

DECEMBER 2010

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

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
		1 19 BEAN SOUP W/TURKEY HAM YELLOW SQUASH NEW POTATOES CORN MUFFIN WRAPPED BROWNIE MILK	2 MEATLOAF W/BROWN GRAVY HARVARD BEETS MASHED POTATOES WHEAT BREAD FRESH ORANGE MILK	3 SMOTHERED GRILLED CHICKEN BREAST W/ONION GRAVY WHITE RICE PILAF ASPARAGUS CUTS ORANGE PINE AMBROSIA MILK
6 CHICKEN ROMA W/ROMANO ARTICHOKE SAUCE PENNE PASTA ITALIAN VEGETABLE BLEND ITALIAN BREAD FRESH APPLE MILK	7 COUNTRY HAM & BEANS SEASONED BRUSSELS SPROUTS W/ ONION CAULIFLOWER CORN BREAD MILK	8 CHICKEN BREAST W/SALSA SEASONED BLACK BEANS SHOEPEG CORN CORN MUFFIN MANDARIN ORANGES MILK	9 SWEDISH MEATBALLS WHITE & WILD RICE WAX BEANS CALIFORNIA BLEND VEGETABLES PRUNES MILK	10 POTATO CRUSTED POLLOCK W/ TARTAR SAUCE CORN PEAS WHOLE WHEAT BREAD APRICOTS MILK
13 CHICKEN CACCIATORE MASHED POTATOES BROCCOLI DINNER ROLL JELLO MILK	14 BBQ BEEF NORTHERN BEANS DICED CARROTS WHITE BREAD PUDDING CUP MILK	15 CRISPY OVEN FRIED CHICKEN LEGS SCALLOPED POTATOES STRING BEANS WHEAT BREAD DICED PEARS MILK	16 PASTA MARINARA W/CRAB CAKES GREEN BEANS CORN DINNER ROLL FRESH ORANGE MILK	17 SCRAMBLED EGGS SAUSAGE LINK HASH BROWN POTATOES SPICED PEACHES CINNAMON RAISIN BREAD MILK
20 MESQUITE SMOKED CHICKEN BREAST W/BBQ SAUCE BROCCOLI CUTS BAKED POTATO W/SOUR CREAM & MARGARINE WHEAT BREAD PINEAPPLE MILK	21 JAMAICAN ROAST PORK LOIN ONION & FRUIT CHUTNEY COOKED CABBAGE 8 WAY VEGETABLE BLEND RAISINS WHEAT BREAD MILK	22 OAT BRAN BREADED CHIX NUGGETS W/GRAVY ORIENTAL VEGETABLE BLEND CORN EGG NOODLES COOKIE MILK	23 SLOW RAOSTED BEEF W/BROWN SAUCE MASHED POTATOES CALIFORNIA BLEND VEGETABLES PEAR CRISP MILK OFFICE & SITES CLOSED	24 BAKED HAM W/BREAD DRESSING GREEN BEANS ALMONDINE GLAZED CARROTS PIE JUICE MILK OFFICE & SITES CLOSED
27 TUNA NOODLE CASSEROLE PEAS STEWED TOMATOES WHEAT ROLL JELLO MILK	28 TURKEY BURGER SUCCOTASH CAULIFLOWER HAMBURGER BUN COOKIE MILK	29 CHICKEN W/MOLE SAUCE VEGETABLE BLEND SPINACH MULTI GRAIN ROLL FRUIT CRISP MILK	30 INDIANA STYLE CHILI MAC MAPLE SWEET POTATOES APPLESAUCE (HOT) CORN BREAD COOKIE MILK	31 SPAGHETTI W/MEAT BALLS PARMESAN CHEESE PEAS CAULIFLOWER DINNER ROLL TROPICAL FRUIT SALAD MILK

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

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THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL		1 CAL = 740 FAT = 23 G SODIUM = 885 MG FIBER = 17 G CARBS = 116 G CALCIUM = 347 MG	2 CAL = 690 FAT = 26 G SODIUM = 769 MG FIBER = 11 G CARBS = 85 G CALCIUM = 476.61 MG	3 CAL = 557 FAT = 19 G SODIUM = 777 MG FIBER = 4 G CARBS = 66 G CALCIUM = 355.71 MG
6 CAL = 666 FAT = 16 G SODIUM = 776 MG FIBER = 9 G CARBS = 105 G CALCIUM = 444 MG	7 CAL = 641 FAT = 16 G SODIUM = 783 MG FIBER = 15 G CARBS = 93 G CALCIUM = 435.94 MG	8 CAL = 812 FAT = 26 G SODIUM = 1050 MG FIBER = 11 G CARBS = 108 G CALCIUM = 416.31 MG	9 CAL = 695 FAT = 24 G SODIUM = 1116 MG FIBER = 9 G CARBS = 89 G CALCIUM = 402.83 MG	10 CAL = 672 FAT = 21 G SODIUM = 796 MG FIBER = 6 G CARBS = 87 G CALCIUM = 328.83 MG
13 CAL = 590 FAT = 12 G SODIUM = 613 MG FIBER = 7 G CARBS = 75 G CALCIUM = 409.11 MG	14 CAL = 617 FAT = 17 G SODIUM = 679 MG FIBER = 10 G CARBS = 82 G CALCIUM = 418.26 MG	15 CAL = 999 FAT = 27 G SODIUM = 1492 MG FIBER = 10 G CARBS = 133 G CALCIUM = 608.51 MG	16 CAL = 747 FAT = 17 G SODIUM = 788 MG FIBER = 13 G CARBS = 124 G CALCIUM = 411.72 MG	17 CAL = 636 FAT = 24 G SODIUM = 1185 MG FIBER = 4 G CARBS = 73 G CALCIUM = 365.62 MG
20 CAL = 591 FAT = 20 G SODIUM = 946 MG FIBER = 6 G CARBS = 70 G CALCIUM = 374.14 MG	21 CAL = 699 FAT = 17 G SODIUM = 579 MG FIBER = 12 G CARBS = 106 G CALCIUM = 445 MG	22 CAL = 649 FAT = 22 G SODIUM = 955 MG FIBER = 4 G CARBS = 80 G CALCIUM = 439.17 MG	23 CAL = 652 FAT = 20 G SODIUM = 758 MG FIBER = 7 G CARBS = 89 G CALCIUM = 401.69 MG	24 CAL = 932 FAT = 40 G SODIUM = 1763 MG FIBER = 6 G CARBS = 112 G CALCIUM = 524.82 MG
27 CAL = 609 FAT = 11 G SODIUM = 1188 MG FIBER = 6 G CARBS = 89 G CALCIUM = 426.57 MG	28 CAL = 702 FAT = 29 G SODIUM = 927 MG FIBER = 9 G CARBS = 73 G CALCIUM = 437.62 MG	29 CAL = 690 FAT = 17 G SODIUM = 835 MG FIBER = 14 G CARBS = 106 G CALCIUM = 488.88 MG	30 CAL = 983 FAT = 36 G SODIUM = 1062 MG FIBER = 10 G CARBS = 132 G CALCIUM = 409.52 MG	31 CAL = 667 FAT = 22 G SODIUM = 887 MG FIBER = 12 G CARBS = 86 G CALCIUM = 442.41 MG

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES