

NOVEMBER 2010

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

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN CACCIATORE MASHED POTATOES BROCCOLI DINNER ROLL JELLO MILK	2 BBQ BEEF NORTHERN BEANS DICED CARROTS WHITE BREAD PUDDING CUP MILK	3 CRISPY OVEN FRIED CHICKEN LEGS SCALLOPED POTATOES STRING BEANS WHEAT BREAD DICED PEARS MILK	4 PASTA MARINARA W/CRAB CAKES GREEN BEANS CORN DINNER ROLL FRESH ORANGE MILK	5 SCRAMBLED EGGS SAUSAGE LINK HASH BROWN POTATOES SPICED PEACHES CINNAMON RAISIN BREAD MILK
8 MESQUITE SMOKED CHICKEN BREAST W/BBQ SAUCE BROCCOLI CUTS BAKED POTATO W/SOUR CREAM & BUTTER CUP WHEAT BREAD PINEAPPLE MILK	9 JAMAICAN ROAST PORK LOIN ONION & FRUIT CHUTNEY COOKED CABBAGE 8 WAY VEG BLEND RAISINS WHEAT BREAD MILK	10 OAT BRAN BREADED CHIX NUGGETS W GRAVY ORIENTAL VEG BLEND CORN EGG NOODLES COOKIE MILK	11 SLOW ROASTED BEEF W/BROWN SAUCE MASHED POTATOES CALIFORNIA BLEND VEG PEAR CRISP MILK	12 BAKED HADDOCK W/BLUE CHEESE CRUST PENNE W/GARDEN VEGETABLE ALFREDO CAULIFLOWER GRAHAM CRACKERS MILK
15 TUNA NOODLE CASSEROLE PEAS STEWED TOMATOES WHEAT ROLL JELLO MILK	16 TURKEY BURGER SUCCOTASH CAULIFLOWER HAMBURGER BUN COOKIE MILK	17 CHICKEN W/MOLE SAUCE VEGETABLE BLEND SPINACH MULTI GRAIN ROLL FRUIT CRISP MILK	18 INDIANA STYLE CHILI MAC MAPLE SWEET POTATOES APPLESAUCE (HOT) CORN BREAD COOKIE MILK	19 SPAGHETTI W/MEAT BALLS PARMESAN CHEESE PEAS CAULIFLOWER DINNER ROLL TROPICAL FRUIT SALAD MILK
22 HAMBURGER MACARONI & CHEESE SUCCOTASH WHOLE WHEAT HAMBURGER BUN DICED PEARS MILK	23 LEMON PEPPER CHICKEN ASPARAGUS ROASTED POTATOES MULTI GRAIN BREAD BREAD PUDDING MILK	24 SMOKED SAUSAGE W/PEPPERS & ONIONS PEAS MASHED POTATOES FRESH ORANGE WHEAT BREAD MILK	25 SLICED TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED SWEET POTATOES BROCCOLI WHEAT BREAD PUMPKIN PIE MILK OFFICE & SITES CLOSED	26 SCRAMBLED EGGS WHOLE GRAIN PANCAKES SYRUP ROASTED RED SKIN POTATOES MIXED FRUIT CUP MILK OFFICE & SITES CLOSED
29 SLICED TURKEY W/SOUTHWEST PASTA PEAS CREAMED CORN PUDDING RYE BREAD MILK	30 CHIC FRIED STEAK COUNTRY GRAVY SPINACH SCALLOPED POTATOES RAISINS MILK			

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

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Monday	Tuesday	Wednesday	Thursday	Friday
1 CAL = 590 FAT = 12 G SODIUM = 613 MG FIBER = 7 G CARBS = 75 G CALCIUM = 409.11 MG	2 CAL = 617 FAT = 17 G SODIUM = 679 MG FIBER = 10 G CARBS = 82 G CALCIUM = 418.26 MG	3 CAL = 866 FAT = 22 G SODIUM = 888 MG FIBER = 10 G CARBS = 131 G CALCIUM = 521.28 MG	4 CAL = 747 FAT = 17 G SODIUM = 788 MG FIBER = 13 G CARBS = 124 G CALCIUM = 411.72 MG	5 CAL = 636 FAT = 24 G SODIUM = 1185 MG FIBER = 4 G CARBS = 73 G CALCIUM = 365.62 MG
8 CAL = 591 FAT = 20 G SODIUM = 946 MG FIBER = 6 G CARBS = 70 G CALCIUM = 374.14 MG	9 CAL = 699 FAT = 17 G SODIUM = 579 MG FIBER = 12 G CARBS = 106 G CALCIUM = 445.00 MG	10 CAL = 649 FAT = 22 G SODIUM = 955 MG FIBER = 4 G CARBS = 80 G CALCIUM = 439.17 MG	11 CAL = 652 FAT = 20 G SODIUM = 758 MG FIBER = 7 G CARBS = 89 G CALCIUM = 401.69 MG	12 CAL = 831 FAT = 29 G SODIUM = 982 MG FIBER = 6 G CARBS = 90 G CALCIUM = 670.74 MG
15 CAL = 609 FAT = 11 G SODIUM = 1188 MG FIBER = 6 G CARBS = 89 G CALCIUM = 426.57 MG	16 CAL = 702 FAT = 29 G SODIUM = 927 MG FIBER = 9 G CARBS = 73 G CALCIUM = 437.62 MG	17 CAL = 690 FAT = 14 G SODIUM = 835 MG FIBER = 14 G CARBS = 106 G CALCIUM = 488.88 MG	18 CAL = 983 FAT = 36 G SODIUM = 1062 MG FIBER = 10 G CARBS = 132 G CALCIUM = 409.52 MG	19 CAL = 667 FAT = 22 G SODIUM = 887 MG FIBER = 12 G CARBS = 86 G CALCIUM = 442.41 MG
22 CAL = 775 FAT = 31 G SODIUM = 922 MG FIBER = 11 G CARBS = 85 G CALCIUM = 498.07 MG	23 CAL = 673 FAT = 18 G SODIUM = 1161 MG FIBER = 7 G CARBS = 75 G CALCIUM = 526.42 MG	24 CAL = 631 FAT = 24 G SODIUM = 981 MG FIBER = 13 G CARBS = 80 G CALCIUM = 458.24 MG	25 CAL = 950 FAT = 29 G SODIUM = 884 MG FIBER = 7 G CARBS = 137 G CALCIUM = 422.32 MG	26 CAL = 645 FAT = 16 G SODIUM = 838 MG FIBER = 6 G CARBS = 97 G CALCIUM = 382.22 MG
29 CAL = 731 FAT = 18 G SODIUM = 997 MG FIBER = 9 G CARBS = 109 G CALCIUM = 400.75 MG	30 CAL = 927 FAT = 28 G SODIUM = 1286 MG FIBER = 16 G CARBS = 131 G CALCIUM = 717.79 MG			THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES