

March 2010

PLEASE GIVE 48 HOURS NOTICE TO HOLD A HOME DELIVERED MEAL. PLEASE GIVE 24 HOURS NOTICE TO RESERVE OR CANCEL A CONGREGATE MEAL. Each meal contains 1/3 of the current USDA/RDA, bread, margarine and a choice of 2%, skim or buttermilk. No salt is used in meal preparation. A separate renal menu is provided for home delivered meal clients. The suggested contribution is \$2.00 per meal for both subsidized and congregate meals for those 60 years of age and older. The full cost of a home delivered and congregate meal is \$5.50. If a waiting list exists in the congregate program, individuals 60 and over may receive a meal for \$4.65 (a sliding fee scale will be applied to those who qualify). Delivery times for Meals on Wheels are 10:30am to 2:00pm Monday-Friday. Senior Dining Centers in Montgomery County are: Charles I. Lathrem Ctr., Dakota Ctr., Ellison Senior Ctr., Ft. McKinley U.M. Church, Germantown Senior Ctr., Grand Place, Greater St. John Church, Harrison Twp. Ctr., Hoover Place, Huber Heights Senior Ctr., Huffman Place, Jewish Ctr., Legacy Pancake House, Lohrey Ctr., Miamisburg Senior Ctr., Moraine Civic Ctr., 958 Wilmington High Rise, Twin Towers Place, Wesley Ctr., Wentworth Apt., St. Andrews Church, Grand Senior Living, Vandalia Senior Ctr. Senior Dining Centers in Miami County are: Premier Senior Housing, Sunrise Center for Adults (Piqua), Troy Senior Ctr, Lincoln Square Rest.(Troy), Tall Tales Inn (Laura), Bulldog Diner (W.Milton). Call the Jewish Ctr. at (937) 854-0330 for more information regarding the Kosher menu. Call the Senior Resource Connection at (937) 228-3663 to hold or cancel a home delivered meal (ask for ext. 129 for information regarding meal ingredients only)

March 2010 MENU

APPROVED BY *Jane M. Maguire*

NUTRITION OFFICE: 228-3663

Toll Free 1-888-580-3663

MON	TUES	WED	THURS	FRI
1 1/2c Chicken Gravy over Biscuit 1/2c Mashed Potatoes 1/2c Succotash 1 ea Fresh Fruit Applesauce / Milk	2 1 c Turkey Ham & Beans 1/2c Mixed Greens 1 ea Fresh Fruit 2 ea Graham Crackers Cornbread / Milk	3 1 c Johnny Marzetti 1/2c Green Beans 1/2c Spiced Apples 1 ea Fresh Fruit Bread / Milk	4 3 oz Bermuda Steak 1/2c Rice Pilaf 1/2c Mixed Vegetables 1/2c Fruit Cocktail 2 ea Graham Crackers Bread / Milk	5 3 oz Chicken Vega 1/2c Augrautin Potatoes 1/2c Capri Blend Veg 1 ea Fresh Fruit 1 bx Raisins Bread / Milk
8 1/2c Sweet/Sour Chicken 1/2c Rice 1/2c Peas 1 ea Fresh Fruit 1 ea Cookie Bread/Milk	9 3 oz Chopped Steak 4 oz Baked Potato 1/2c Broccoli 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk	10 3 oz Veal Parmesan 1/2 Garlic Mashed Potatoes 1/2c Italian Green Beans 1 ea Fresh Fruit Bread / Milk	11 3 oz BBQ Pork Riblet 1/2c Baked Beans 1/2c Carrots 1/2c Peaches 2 ea Graham Crackers Bread / Milk	12 1 c Turkey Tetrazini 1/2c Green Beans 1/2c Pineapple Crisp 4 oz Applesauce Bread / Milk
15 3 oz Swedish Meatballs 1/2c Noodles 1/2c Broccoli 1bx Raisins 1 ea Fresh Fruit Bread / Milk	16 3 oz Fish Patty 1/2c Cheddar Mashed Potatoes 1/2c Mixed Vegetables 1 ea Fresh Fruit Bun / Milk	17 3 oz BBQ Chicken 1/2c Macaroni & Cheese 1/2c Green Beans 4oz Applesauce 1 ea Cookie Bread / Milk	18 3oz Pepper Steak 1/2c Spanish Rice 1/2c Oregon Bean Med 1/2c Pears 2ea Graham Crackers Bread / Milk	19 1 c Texas Hash 1/2c Mexicorn 1/2c Peach Crisp 1 ea Fresh Fruit Bread / Milk
22 3oz Broiled Chicken 1/2c Cheesy Mashed Potatoes 1/2c Mixed Vegetables 1 ea Fresh Fruit 1 bx Raisins Bread / Milk	23 1 c Tuna Casserole 1/2c Peas 1/2c Spiced Peaches 2 ea Graham Crackers Bread / Milk	24 3 oz Smoked Sausage 1/2c Mashed Potatoes 1/2c Sauerkraut 1 ea Fresh Fruit Bread / Milk	25 1ea Stuffed Pepper 1/2c Corn 1/2c Apple Crisp 1 ea Fresh Fruit Bread / Milk	26 1c Chuckwagon Bean Stew 1/2c Mixed Greens 1/2c Spiced Apples Cornbread / Milk
29 3 oz Chicken Parmesan 1/2c Garlic Mashed Potatoes 1/2c Broccoli 4 oz Applesauce 1 ea Fresh Fruit Bread / Milk	30 1 c Chicken Stew 1/2c Green Beans 1/2c Pineapple Crisp Cornbread / Milk	31 3 ea Beef Ball Stroganoff 1/2c Noodles 1/2c Corn 1 bx Raisins 1 ea Fresh Fruit Bread / Milk	Suggested Contribution \$2.00 per meal. Contributions are used to enhance the overall meal program and help meet rising food and transportation costs Thank You	
				These meals may contain or be produced with one or more of the following known allergens: Soy, Wheat, Egg, Milk, Fish, Peanuts and Treenuts. FRESH FRUIT IS NOT PREWASHED

