

Hillsborough County Department of Aging Nutrition Services Monthly Menu - Cycle III Effective: September - December 2009 (07.09.09)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4					
WEEK 3					
WEEK 2					
WEEK 1					
	<p><b>October 5<sup>th</sup></b></p> <p>8 oz. Lasagna Casserole                      1/2 c. Spinach                      1/2 c. Italian Vegetable Medley                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1 Oatmeal Raisin Cookie                      8 oz. Low Fat Milk</p>	<p><b>October 6<sup>th</sup></b></p> <p>3 oz. BBQ Pork Riblet                      1/2 c. Lyonnaise Potatoes                      1/2 c. Green Peas                      1 sl. Whole Grain Wheat Bread                      1/2 c. Chunky Cinnamon Apple Cup                      8 oz. Low Fat Milk</p>	<p><b>October 7<sup>th</sup></b></p> <p>3 oz. Oven Baked Fish Filet                      1/2 c. Cheesy Grits                      1/2 c. Tomatoes &amp; Okra                      1 sl. Whole Grain Wheat Bread                      Tartar Sauce                      1/2 c. Mixed Fruit Cup                      8 oz. Low Fat Milk</p>	<p><b>October 8<sup>th</sup></b></p> <p>3 oz. Grilled Chicken Breast                      Patty w/Chicken Gravy                      1/2 c. Mashed Potatoes                      1/2 c. Broccoli Cuts                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1/2 c. Peach Cup                      8 oz. Low Fat Milk</p>	<p><b>October 9<sup>th</sup></b></p> <p>3 oz. Meatballs w/Brown Gravy                      1/2 c. Rice Pilaf                      1/2 c. Mixed Vegetables                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      Fresh Fruit in Season                      8 oz. Low Fat Milk</p>
	<p><b>October 12<sup>th</sup></b></p> <p>3 oz. Baked Meatloaf with Mushroom Gravy                      1/2 c. Mashed Potatoes                      1/2 c. Baby Brussels Sprouts                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1/2 c. Pineapple Chunks                      8 oz. Low Fat Milk</p>	<p><b>October 13<sup>th</sup></b></p> <p>4 oz. Chicken Florentine                      1/2 c. Penne Pasta w/Garlic Oil                      1/2 c. Tuscan Blend Vegetables (squash, mixed vegetables)                      1/2 c. Tossed Salad w/Italian Dressing                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1 Fresh Orange                      8 oz. Low Fat Milk</p>	<p><b>October 14<sup>th</sup></b></p> <p>3 oz. Sweet and Sour Pork                      1/2 c. Wild Rice Medley                      1/2 c. Oriental Blend Vegetables                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup x2                      1/2 c. Peach Cup                      8 oz. Low Fat Milk</p>	<p><b>October 15<sup>th</sup></b></p> <p>8 oz. Beef and Macaroni                      1/2 c. Green Beans                      1/2 c. Carrot Cuts                      1 sl. Italian Bread                      Corn Oil Margarine Cup                      1 Oatmeal Raisin Cookie                      8 oz. Low Fat Milk</p>	<p><b>October 16<sup>th</sup></b></p> <p>3 oz. Frankfurter                      1/2 c. Boiled Cabbage &amp; Carrots                      1/2 c. Hot German Potato Salad                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup/ Mustard                      1/2 c. Vanilla Pudding                      8 oz. Low Fat Milk  <b>Oktoberfest Celebration</b></p>
	<p><b>October 19<sup>th</sup></b></p> <p>3 oz. Sliced Turkey Breast w/ Turkey Gravy                      1/2 c. Whipped Sweet Potatoes                      1/2 c. Garden Peas                      1 sl. White Bread                      Corn Oil Margarine Cup                      1/2 c. Cranberry Orange Relish                      8 oz. Low Fat Milk</p>	<p><b>October 20<sup>th</sup></b></p> <p>8 oz. Beef Stew                      1/2 c. Parsley White Rice                      1/2 c. Lima Beans                      1 sl. French Bread                      Corn Oil Margarine Cup                      1/2 c. Peach Cup                      8 oz. Low Fat Milk</p>	<p><b>October 21<sup>st</sup></b></p> <p>3 oz. Grilled Chicken Breast Coq au Vin                      1/2 c. Herb Mashed Potatoes                      1/2 c. Harvard Beets                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1 Chocolate Chip Cookie                      8 oz. Low Fat Milk</p>	<p><b>October 22<sup>nd</sup></b></p> <p>4 oz. Beef Tips in Sauce                      1/2 c. Noodles w/Mushroom Gravy                      1/2 c. Garden Peas                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      Fresh Fruit in Season                      8 oz. Low Fat Milk</p>	<p><b>October 23<sup>rd</sup></b></p> <p>3 oz. Frankfurter                      1/2 c. Baked Beans                      1/2 c. Mixed Vegetables                      1 Hot Dog Bun/ Mustard                      1/2 c. Pineapple Chunks                      8 oz. Low Fat Milk</p>
	<p><b>October 26<sup>th</sup></b></p> <p>3 oz. Pork Chop Patty w/Brown Gravy                      1/2 c. Black Eye Peas                      1/2 c. Country Vegetable Medley                      1 Corn Bread Square                      Corn Oil Margarine Cup                      1/2 c. Peach Cup                      8 oz. Low Fat Milk</p>	<p><b>October 27<sup>th</sup></b></p> <p>3 oz. Meatballs w/ Tomato Gravy                      1/2 c. Potatoes Au Graten                      1/2 c. Broccoli                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      1/2 c. Apple Crisp                      8 oz. Low Fat Milk</p>	<p><b>October 28<sup>th</sup></b></p> <p>3 oz. Oven Fried Chicken Leg Quarter                      1/2 c. Mashed Potatoes                      1/2 c. Mixed Vegetables                      1 sl. Whole Grain Wheat Bread                      Corn Oil Margarine Cup                      Fresh Fruit in Season                      8 oz. Low Fat Milk</p>	<p><b>October 29<sup>th</sup></b></p> <p>8 oz. Three Bean Beef Chili                      1/2 c. White Rice                      1/2 c. Whole Kernel Corn                      1 sl. Whole Wheat Bread                      Corn Oil Margarine Cup                      1/2 c. Mixed Fruit Cup                      8 oz. Low Fat Milk</p>	<p><b>October 30<sup>th</sup></b></p> <p>3 oz. Smoked Sausage                      1/2 c. Potatoes O'Brien                      1/2 c. Cabbage and Carrots                      1 sl. Whole Grain Wheat Bread                      Mustard                      Special Halloween Dessert                      8 oz. Low Fat Milk  <b>Halloween Celebration</b></p>

**OCTOBER 2009**

*My Peas are RD, LOIN 7129109*