November 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 20 - SERVING DAYS - 2 HOLIDAY

Mon	Tue	Wed	Thu	Fri
Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	1 Spaghetti with meat sauce 8 oz Combination salad 4 oz Salad dressing 1 oz Peaches 4 oz Garlic bread Milk	2 Hot turkey casserole 8 oz Lima beans 4 oz Grape juice 4 oz Apple crisp 4 oz Milk	3 Poor boy stew 8 oz Crackers-2 Harvard beets 4 oz Banana Bread pudding 4 oz Milk	4 Pork roast 3 oz with Gravy 2 oz Sweet potatoes 4 oz Savory green beans 4 oz Mandarin oranges 4 oz Wheat roll Milk
7 Chicken & noodles 8 oz over Mashed potatoes 4 oz Beets 4 oz Apricots 4 oz Butterscotch square Milk	8 Chili 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Strawberries 4 oz Cinnamon roll Milk	9 Ham salad sandwich 3 oz on a Bun Broccoli raisin salad 4 oz Peaches 4 oz Snickerdoodle cookie Milk	10 Baked chicken 2 pc dark or 1 pc white meat Parslied potatoes 4 oz Savory carrots 4 oz Milk Blushing pears 4 oz Chocolate cake Wheat roll	11 Crispy fish w/Tartar sauce Macaroni & cheese 4 oz Cole slaw 4 oz Plums 4 oz Milk
14 Liver & onions/beef gravy 3 oz OR Beef cutlet/ beef gravy 3 oz Baked potato Peas 4 oz Roll Pineapple 4 oz Milk	15 Chicken & rice soup 8 oz Broccoli 4 oz Mixed fruit 4 oz Crackers-2 Lemon pudding 4 oz Milk	16 Tuna & noodle casserole with peas 8 oz Carrots 4 oz Strawberries 4 oz Gelatin 4 oz Bread Milk	17 Turkey 3 oz & Dressing 1/4 c. Wheat roll Mashed pot 4 oz/Gravy 2 oz Green beans 4 oz Milk Cranberry sauce 4 oz Pumpkin pie squares	18 Sausage/hamburger gravy 6 oz over Biscuit Cranberry juice 4 oz Stewed tomatoes 4 oz Hot spiced peaches 4 oz Milk
21 Autumn soup 8 oz Crackers-2 Combination salad 4 oz Salad dressing 1 oz Strawberries 4 oz Sugar cookie Milk	22 Creamy chicken & veg-gie casserole 8 oz Cole slaw 4 oz Peaches 4 oz Wheat roll Milk	23 Potato ham omelet 6 oz Spinach 4 oz Tomato salad 4 oz Grape juice 4 oz Bran muffin Milk	24 HOLIDAY	25 HOLIDAY
28 Beef cutlet 3 oz with Spanish sauce 2 oz Baked potato Cooked cabbage 4 oz Mixed fruit 4 oz Bread Milk	29 Ham & beans 8 oz Parslied carrots 4 oz Banana in orange juice 4 oz Cornbread Applesauce brownie Milk	30 Baked chicken 2 pc dark or 1 pc white meat California mash 4 oz Broccoli 4 oz Plums 4 oz Wheat roll Milk	Birthday Day - November 10 Choice Days - November 14 Circled Days - meals that freeze well Thanksgiving Holiday - November 24 & 25	