## **Bay Count Department on Aging**

## **HDM/Congregate Menu**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| (3) DEVILED PORK CHOPS (21) Buttered Rotini Noodles (42) Southern Succotash (20) White Chocolate Raspberry Cookie(28) | (4) PATTY MELT (6) Whole Wheat Bun (25) Baked Potato (18) Colorful Peas and Carrots (9) Apple (21)                       | (5) GOURMET CHICKEN<br>TETRAZINNI (27) Kyoto<br>Blend Vegetables (9) Apricots<br>(15)<br>Split Top Dinner Roll (14) | (6) SAVORY BEEF<br>STEW (20)<br>Garlic and Cheese Biscuits<br>(10)<br>Brussel Sprouts w/<br>Parmesan (7) Clementine<br>(9) | (7) POLLACK<br>BITES (22)<br>Down Home Fries (15)<br>Blueberry Crisp (53)<br>Creamy Coleslaw (15) |
| (10) SMOTHERED<br>CHICKEN (7)<br>Diced Redskin Potatoes (13)<br>Stir Fry Blend Veggies (5)<br>Mandarin Oranges (16)   | (11) COUNTRY FRIED<br>STEAK AND GRAVY (21)<br>Corn (21)<br>Garlic/Cheese Biscuits (10)<br>Apple (21)<br>Caramel Dip (18) | (12) GOLD COAST PORK<br>CHOPS (8) Ranch Mashed<br>Potatoes (17)<br>Garden Green Peas (11)<br>Choc Chip Cookie (27)  | (13) SCRAMBLED EGGS (3) Turkey Links (1) Seasoned Cube Potatoes (20) Cheese Danish (17) Orange Juice Box (13               | (14) FALL APPLE SALAD<br>(38)<br>Apple Slices (8)   |
| (17) MEATLOAF PATTY (8) Green Beans (5) Candied Sweet Potatoes (31) Sugar Cookie (26)                                 | (18) CRISP CHICKEN FINGERS (17) Down Home Fries (15) California Blend Vegetables (4) Peanut Butter Cookie (20)           | (19) HAWAIIN<br>MEATBALLS (50)<br>Fried Rice (19)<br>Cauliflower (4)<br>Banana (27)                                 | (20) VEGETABLE LASAGNA (27) Scandinavian Blend Veggies(7) Lemon Pudding (33) Honey Wheat Dinner Roll (12)                  | (21) Garlicky Chicken<br>(19)<br>Green Beans (5)<br>Parsley Potatoes (13)<br>Lime Pear Jello (25) |
| (24) BREADED POLLACK<br>(16)<br>Ranch Mashed Potatoes (17)<br>Kyoto Blend Vegs (9)Chocolate<br>Mousse (17)            | (25) HEARTY GOULASH<br>(28)<br>Southern Succotash (20)<br>Applesauce (23)<br>Multi Grain Roll (27)                       | (26) CHICKEN & DUMPLINGS (23) Mixed Vegetables (11) Peanut Butter Cookie (20)                                       | (27) CABBAGE ROLLS<br>(17) Parsley Potatoes (12) Venetian Blend Veggies (6) Vanilla Pudding (27)                           | (28) BBQ RIBLET (12) Ranch Spudsters (17) Baked Apples (23) Creamy Coleslaw (15)                  |
| (31) CONNIE'S VEGGIE CHEESE SOUP (16) Mixed Vegetables (11) Garlic and cheese biscuit (10) Apples (16)                |  | 866   | 333  | <b>5</b> ***  |

All Meals at the Activity Centers served with Fat-Free Milk (13)

Number next to the menu item indicates carbohydrate count.

Menu is subject to change without notice.

Be advised menu items may contain nuts.