





August 2018 Senior Resources' Meals on Wheels & Adult Day Center Menu Trinity Muscatine

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Senior Resources 1808 Mulberry Ave Muscatine, IA 52761 (563) 263-7292	CHO (choice) provides guidance on maintaining a consistent carbohydrate diet. Carbohydrate counting is based on choices or grams per meal. - One carbohydrate choice (CHO) is approximately 15 grams of carbohydrate.	Salt Shaker indicates meals that are above 800 mg of sodium.  All meals are served with 8 oz. 1% Milk	1) 3 oz. Roast Pork ½ C Carrots(.5) 1 C Garden Salad w/Tomato Wedges(.5) 1 SI WG Bread(1) Fresh Apple(1) 1 pk. Graham Crackers(1)	2) 8 oz Shepherd's Pie(2.5) ½ C Mixed Vegetables(1) 1 C Mixed Melon(1.5) ½ C Cherry Cobbler(2)	3) ½ C Sweet & Sour Chicken(.5) ½ C 7-Grain Wild Rice(3) 1 C Honeydew(1.5) 1 Snickerdoodle Cookie(1)	4) 2 Pancakes w/Syrup(1) 1 Turkey Sausage Patty ½ C Hash Brown(1) 1 C Mandarin Oranges(2) Fresh Banana(2) Orange Juice
5) 1 pc Vegetable Lasagna(2) ½ C Garden Salad 1 SI WG Bread(1) 1 C Cantaloupe(1)	6) Happy Birthday! Birthday Chicken Baked Potato(2.5) ½ C Brussels Sprouts(.5) Dinner Roll(1.5) ½ C Pears(1) Choc. Ice Cream (3) 1 pc Birthday Cake (2)	7) Manicotti(2) ½ C Mixed Vegetables(1) ½ C Garden Salad 1 WG Bread Stick(1) Orange Juice(1)	8) ½ C Swedish Meatballs(2.5) ½ C Egg Noodles ½ C Peas(1) 1 SI WG Bread(1) 1C Watermelon(1)	9) 3 oz Roasted Pork ½ C Mashed Potato(1.5) ½ C Brussels Sprouts(.5) 1 C Strawberries(1) ½ c Vanilla Pudding(1.5)	10) 3 oz Pot Roast 1 Baked Potato(2) ½ C Green Beans 1 SI Marble Rye Bread(1.5) 1 C Honeydew(1.5)	11) 4 oz Roast Turkey ½ C Beets(.5) ½ C Mashed Potatoes(1.5) Fresh Banana(1.5) 1 Chocolate Chip Cookie(1)
12) 4 oz Baked Chicken ½ C Coleslaw(1.5) ½ C Rice Pilaf(1.5) Fresh Pear(1) Fresh Banana(2) Lime Sherbet (1.5)	13) 1 C Chicken Rice Cass(2) ½ C Peas(1) 1 SI WG Bread(1) 1 Fresh Orange(1) 5 Vanilla Wafers(1)	14) 4 oz Turkey Burger w/Bun(1.5) 1 C Garden Salad w/Tomato Wedges(.5) 1 C Pineapple & Strawberries(1.5) 1 Chocolate Cookie(1)	15) Cooks Choice 1pc Beef/Mushroom Pizza(3) 1 c Tossed Salad ½ c Corn(1) ½ c Cherry Crisp(3) 	16) 1 C Beef & Broccoli Stir Fry(.5) ½ C Mexican Rice(2) ½ C Prunes(1) 1 Cinnamon Cookie(1)	17) 4 oz Hamburger w/Bun(2) ½ C Green Bean & Almonds ½ C Tomato Salad 1 C Watermelon(1) 1 Peanut Butter Cookie(1)	18) 4 oz Tilapia ¾ C Roasted Red Potatoes(2) ½ C Asparagus 1 C Strawberries(1) Raspberry Sherbet(1.5) Tomato Juice
19) 3 oz Roast Beef ½ C Roasted Red Potato(1.5) ½ C Broccoli Fresh Orange(1) Brownie(2)	20) 3 oz Herb Chicken Breast ½ C Savory Rice Pilaf(2) ½ C Stir Fry Vegetables 1 C Cantaloupe(1) ½ C Choc Pudding(1.5)	21) 3 oz Pork Roast ½ C Potatoes Au Gratin(1) ½ C Zucchini & Tomatoes(.5) Fresh Apple(1) 1 Oatmeal Raisin Cookie(1)	22) 3 oz Ham w/Cranberry Glaze 1 Baked Potato(2) ½ C California Vegetables 1 SI Wheatberry Bread(2)  1 C Strawberries(1)	23) 3 oz Salmon w/Dill Sauce ½ C 7-Grain Wild Rice(3) ½ C Mixed Vegetables(1) 1 Banana(2) ½C Cherry Blueberry Crisp(3)	24) Meat Lasagna(3) ½ C Italian Vegetables(.5) Bread Stick(3) ½ C Fruited Jello(1.5) 5 Vanilla Wafer Cookies(1)	25) 1 C Chicken Noddle Cass.(1) ½ C Garden Salad 1 WG Bread Stick(1) 1 C Cantaloupe/Honeydew(1)
26) Hamburger on Wheat Bun(2) ½ C Sweet Potato Fries(1.5) ½ C Asparagus 1/2 C Cantaloupe(.5) 5 Wafer Cookies(1)	27) 8 oz Navy Bean Soup(1.5) 3 oz Egg Salad on 1 SI WG Bread(1) ½ C Garden Salad Fresh Orange(1) 1 Pkg Graham Crackers(1)	28) 3 BBQ Peach Chicken Tenders(2) 6 Baked Potato Wedges(1.5) 1 C Grapes(1.5) 1 C Garden Salad	29) 3 oz Pulled Pork 1 Wheat Bun(3) 1 Sweet Potato(1.5) ½ C Green Beans Fresh Pear(2)	30) 8 oz Chicken Pot Pie(1.5) ½ C Green Peas(1) 1 C Mixed Melon(1) Peanut Butter Cookie(1)	31) 3 oz Sloppy Joe 1 Wheat Bun(3) 1 C Roasted Red Potatoes(3) ½ C Mixed Vegetables(1) 1 Banana(2) Orange Sherbet(1.5)	