



Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Baked Chicken	Baked Fish	Grilled Pork Loin	Baked Fish	Grilled Chicken Breast
Entrée	Smothered Pork chop	Meat Loaf	Baked Swiss Steak	Fried Chicken	Fried Fish
Entrée	Chicken Tenders	Spicy Cajun Chicken	Hot Dogs/Chili	Spaghetti Baked Italian	Hamburgers
Entrée	Beef Liver	Turkey & Dressing	Baked Chicken	Chicken Tenders	Baked Chicken
Side/Vegetable	Rutabagas	Mashed Potatoes	Polynesia Rice	Baked Sweet Potato	Steam Corn
Side/Vegetable	Broccoli & Rice Casserole	Whole Okra	Green Beans	Cabbage	Seasoning Spinach
Side/Vegetable	Grilled Squash/Zucchini	Navy Beans	Candied Yams	Blackeye Peas	Macaroni & Cheese
Healthy Choice/ Side	Steamed Cabbage	Broccoli	Spinach	Collard Greens	Vegetable & Medley
Healthy Choice/ Side	Broccoli	Carrots	Beets	Seasoning Carrots	Pinto Beans
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Cucumber Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Carrot Raisin Salad	Neptune Salad	Cobb Salad	Carrot Raisin Salad	Chicken Salad
Bread	Sof Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potato Pie	Buttermilk Cheese	Sweet Potato Pie	Apple	Lemon Meringue
Soup					



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Grilled Chicken Breast	Lemon Pepper Baked Fish	Grilled Pork Loin
Entrée	Chicken Tenders	Teriyaki Chicken Wings	Chicken Pot Pie	Fried Chicken	Fried Fish
Entrée	Baked Swiss Steak	Roast Beef	Chopped Beef/Onions	Chicken Wings	Meatballs & Brown gravy & Onion Sauce
Entrée	Chuckwagon Stew	Smothered Pork Chop	Baked Chicken	Meat Loaf w Spanish Sauce	Fried Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Whole Okra	Green Beans	Steamed Broccoli	Breaded Okra
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/Side	Collard Greens	Broccoli	Spinach	Turnip Greens	Mixed Vegetables
Healthy Choice/Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Cucumber Salad	Tossed Spring Salad	Cesar Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Cucumber Salad	Carrot Raisin Salad	Neptune Salad	Chef Salad	Neptune Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Pineapple Upside Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Pecan Pie	Chocolate Crème Pie	Sweet Potato Pie	Strawberry Short Cake	Sweet Potato Pie
Soup					



Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Monday	Tuesday	Wednesday	Thursday	Friday
	Beef liver & Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Chicken Nuggets	Fried Chicken	Fried Fish
Entrée	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Spicy Cajun Shrimp Over Rice	Meatloaf with Spanish Sauce
Entrée	Turkey & Dressing	Chicken & Dumpling	Baked Chicken	Beef Stew / Rice	Baked Fish
Side/Vegetable	Candied Yams	Mashed Potatoes	Fried Okra	Baked Potato	Carrot Souffle
Side/Vegetable	Dry Lima Beans	Green Peas	Green Beans	Cabbage	Frozen Lima Beans
Side/Vegetable	Cabbage	Fried Squash	Baked Potato	Pinto Beans	Broccoli & Rice
Healthy Choice/Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/Side	Corn	Peas & Carrots	Beets	Season Carrots	Corn on the cob
Healthy Choice/Fruit/Dessert	Banana	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Neptune Salad	Chef Salad	Broccoli Mandeline	Pasta Salad	Chocolate/Vanilla Pudding
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert	Sweet Potao Pie	Apple Pie	Pecan Pie	Coconut Cream Pie	Chocolate Crème Pie
Soup					



Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Grilled Pork Loin	Baked Fish	Grilled Chicken Breast
Entrée	Chicken Tenders	BBQ Wings	Chicken Tenders	Fried Chicken	Southern Fried Fish
Entrée	Baked Swiss Steak	Meat Loaf w Brown Gravy	Hot Dogs	Italian Spaghetti Baked	Chopped Steaks with Gravy & Onions
Entrée	Blackened Shrimp/Rice	CHINESE Pepper Steak	Baked Chicken	Turkey & Dressing	Fried Fish w/ Hushpuppies
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Carrot Souffle	Twice Baked Potato	Broccoli & Rice
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Carrot Souffle
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Yellow Rice
Healthy Choice/ Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Broccoli
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Side/Salads	Cucumber	Broccoli Mandeline	Carrot Salad	Beets	Pudding
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Strawberry Cake	Chocolate Cake	Strawberry Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet	Italian Cream	Cheesecake
Dessert					
Soup					



Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice / Entrée	Beef Liver & Onions	Grilled Chicken Breast	Baked Fish	Chopped Beef/Onions	Grilled Pork Chop
Entrée	Chicken Tenders	BBQ Wings	Baked Chicken	Fried Chicken	Southern Fried Fish
Entrée	Smothered Pork Chops	Meatloaf with Spanish Sauce	Chopped Steaks	Italian Spaghetti Baked	Chicken
Entrée	Red Bean, Rice and Sausage	Chicken Tetrzzini	Baked Chicken	Turkey & Dressing	Baked Chicken
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Fried Squash	Polynesia Rice	Candied Yams
	Black_Eyed Peas	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Side/Vegetable	Cabbage	Buttered Okra	Green Beans	Cabbage	Collar Greens
Healthy Choice/ Side	Turnip Greens	Broccoli	Corn	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Buttered Okra
Healthy Choice/ Fruit/Dessert	Apple	Banana	Orange	Apple	Orange
Side/Salads	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad
Side/Salads	Cucumber	Carrot Raisin	Neptune	Broccoli Madeline	Cucumber
Healthy Choice/ Bread					
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Lemon Iced Box Pie	Italian Cream Cake	Sweet Potato Pie
Dessert					
Soup					

I certify that the above menu, meets 20%, plus or minus, the monthly nutrient targets, for American males and females, 51+ yrs, based on the Dietary Guidelines 2021-2025.

Dietician Signature: Chandra B. Cook, R.D.N., L.D.

Date: