

# HERTFORD COUNTY OFFICE OF AGING FALL AND WINTER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1 1/2 cup Milk-Calcium 2 oz.	Beef Stroganoff Seasoned carrots peaches Parsley noodles Rolls Oatmeal Cookies Milk	Pork Chops w/gravy Turnip Greens Pineapples Mashed Potatoes Roil Margarine Pound Cake Milk	Beef tips Broccoli and cheese Tropical fruit salad Rice Rolls Peach cobbler Milk	BBQ Pork Platter Confetti Coleslaw Applesauce Black beans Cornbread Vanilla Pudding Milk	Meatloaf Peas and Carrots Pears Whipped potatoes Rolls Sugar Cookies Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1 1/2 cup Milk-Calcium 2 oz.	Smoked Sausage Black-eyed Peas Apple Rings Bun Mustard Choc. Pudding Milk	Vegetable Beef Soup PB & Honey Sandwich Baked apples Bread Margarine Sugar Cookies Milk	Baked Ham Steamed Cabbage Fruit Cocktail Sweet Potato Cass. Roll Margarine Bread Pudding Milk	BBQ Chicken Sweet Peas Peaches Potato Salad Roll Margarine Oatmeal Cookies Milk	Chicken & Pastry String Beans Applesauce Pastry in Chicken Cornbread Margarine Windmill cookies Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	Sliced Turkey w/gravy Turnip Greens Glazed carrots Rice Roll Margarine Pudding Milk	Teriyaki Chicken Normandy blend Mandarin Oranges Brown Rice Wheat bread Cobble r Milk	Ham & Cheese Sand. Navy Beans Apple sauce Bread Mayonnaise Windmill cookies Milk	Beef Stroganoff Seasoned carrots peaches Parsley noodles Roll Oatmeal Cookies Milk	Smoked Sausage Black-eyed Peas Apple Rings Bun Mustd Choc pudding Milk
Main Entree protein 2 oz. Vegetables 1/2 cup Fruit Bread and Complex carbs 2 servings Fat Dessert 1/2 cup Milk-Calcium 2 oz.	Vegetable Beef Soup PB & Honey Sandwich Baked Apples Bread Margarine Choc. Chip	Baked Ham Steamed Cabbage Fruit Cocktail Sweet Potato Cass. Roll Margarine Pound cake Milk	Chicken Breast/gravy Normandy Blend Mandarin Oranges Rice Roll Margarine Sugar Cookies Milk	Sliced Turkey w/gravy Turnip Greens Glazed carrots Stuffing Roll Margarine Vanilla Pudding Milk	Barbecue Meatballs String Beans Pears Whipped Potatoes Roll Margarine Bread Pudding Milk