



Aging True MOW

July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 - Independence Day
			Chicken Salad 3/4 cup Garbanzo Bean Salad 1/2 cup Lettuce/Tomato 1/2 cup Pita Bread 1 each Fresh Fruit 1 each Calcium Fortified OJ 1 each Ranch Dressing 1 each	BBQ Pork 3 oz Baked Beans 1/2 cup Coleslaw 1/2 cup Hamburger Bun 1/2 cup Hot Spiced Apples 1/2 cup Milk 1 each
5	6	7	8	9
Mozzarella Chicken 1 each Penne/Tomatoes 1/2 cup Brussels Sprouts 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Milk 1 each Margarine 1 each	Pork Sausage 1 each Northern Beans 1/2 cup California Veggies 1/2 cup Hot Dog Bun 1 each Fruit Cup 1 each Calcium Fort OJ 1 each Mustard 1 each	Beef w/Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Beans 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each	Fiesta Chicken 1 piece Yellow Rice 1/2 cup Collard Greens 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each	Beef Stroganoff 3/4 cup Lima Beans 1/2 cup Orange Carrots 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each
12	13	14	15	16
Creole Steak 1 each Garlic Whip Potato 1/2 cup Garden Vegetables 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Milk 1 each Margarine 1 each	Chicken Broccoli Rice Casserole 3/4 cup Green Beans 1/2 cup Whole Kernel Corn 1/2 cup Wheat Bread 1 slice Fruit Cup 1 each Calcium Fort OJ 1 each Margarine 1 each	Baked Meatballs 3 each Brown Gravy/Mushrooms 1 oz Mixed Beans 1/2 cup Broccoli & Carrots 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Milk 1 each Margarine 1 each	Tuna Mac Salad 3/4 cup Coleslaw 1/2 cup Green Pea Salad 1/2 cup Saltine Crackers 2 pkt Fresh Fruit 1 each Calcium Fort OJ 1 each	BBQ Chicken Thigh 1 piece Black-eyed Peas 1/2 cup Turnip Greens 1/2 cup Cornbread 1 piece Fresh Fruit 1 each Milk 1 each
19	20	21	22	23
Turkey Ham with White Beans 3/4 cup Spring Vegetables 1/2 cup Broccoli 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Milk 1 each Margarine 1 each	Cheese Omelet 1 each Grits 1/2 cup Spinach 1/2 cup Biscuit 1 each Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each Assorted Jelly 1 each	Taco Meat 4 ounce Pinto Beans 1/2 cup Mexican Rice 1/2 cup Lettuce and Tomato 1/2 cup Shredded Cheese 1/2 ounce Flour Tortilla 1 each Fresh Fruit 1 each Milk 1 each Taco Sauce 1 each	Oven Fried Chicken 1 piece Parslied Whipped Potatoes 1/2 cup Collard Greens 1/2 cup Cornbread 1 piece Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each	Hamburger Patty 1 each Baked Beans 1/2 cup Sliced Tomato 1 slice Lettuce 1/2 cup Hamburger Bun 1 each Mixed Fruit Cobbler 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each
26	27	28	29	30
Meatballs with Spaghetti Sauce 3 each Spaghetti Noodles 1/2 cup Peas & Carrots 1/2 cup Wheat Bread 1 slice Fruit Cup 1 each Milk 1 each Margarine 1 each	Orange Glazed Chicken 1 piece Delmonico Potatoes 1/2 cup Okra & Tomatoes 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Calcium Fort OJ 1 each Margarine 1 each	Lemon Pepper Fish 1 each Grits 1/2 cup Country Vegetables 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Milk 1 each Margarine 1 each	Chicken Salad 1/2 cup Garbanzo Bean Salad 1/2 cup Lettuce/Sliced Tomato 1/2 cup Pita Bread 1/2 each Fresh Fruit 1 each Calcium Fort OJ 1 each Ranch Dressing 1 each	Beef Fiesta Mac 3/4 cup Pinto Beans 1/2 cup Summer Veggies 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each

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August 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
Mozzarella Chicken	1 each	Pork Sausage	1 each	Beef w/Mushroom Gravy	1 each	Fiesta Chicken	1 piece	Beef Stroganoff	3/4 cup
Penne/Tomatoes	1/2 cup	Northern Beans	1/2 cup	Whipped Potatoes	1/2 cup	Yellow Rice	1/2 cup	Lima Beans	1/2 cup
Brussels Sprouts	1/2 cup	California Veggies	1/2 cup	Green Beans	1/2 cup	Collard Greens	1/2 cup	Orange Carrots	1/2 cup
Dinner Roll	1 each	Hot Dog Bun	1 each	Wheat Bread	1 slice	Dinner Roll	1 each	Wheat Bread	1 slice
Fruit Cup	1 each	Fruit Cup	1 each	Fresh Fruit	1 each	Fresh Fruit	1 each	Fresh Fruit	1 each
Milk	1 each	Calcium Fort OJ	1 each	Milk	1 each	Calcium Fort OJ	1 each	Milk	1 each
Margarine	1 each	Mustard	1 each	Margarine	1 each	Margarine	1 each	Margarine	1 each
9		10		11		12		13	
Creole Steak	1 each	Chicken Broccoli Rice Casserole	3/4 cup	Baked Meatballs	3 each	Tuna Mac Salad	3/4 cup	BBQ Chicken Thigh	1 piece
Garlic Whip Potato	1/2 cup	Green Beans	1/2 cup	Brown Gravy/Mushrooms	1 oz	Coleslaw	1/2 cup	Black-eyed Peas	1/2 cup
Garden Vegetables	1/2 cup	Whole Kernel Corn	1/2 cup	Mixed Beans	1/2 cup	Green Pea Salad	1/2 cup	Turnip Greens	1/2 cup
Dinner Roll	1 each	Wheat Bread	1 slice	Broccoli & Carrots	1/2 cup	Saltine Crackers	2 pkt	Cornbread	1 piece
Fruit Cup	1 each	Fruit Cup	1 each	Dinner Roll	1 each	Fresh Fruit	1 each	Fresh Fruit	1 each
Milk	1 each	Calcium Fort OJ	1 each	Fresh Fruit	1 each	Calcium Fort OJ	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each	Milk	1 each				
				Margarine	1 each				
16		17		18		19		20	
Turkey Ham with White Beans	3/4 cup	Cheese Omelet	1 each	Taco Meat	4 ounce	Oven Fried Chicken	1 piece	Hamburger Patty	1 each
Spring Vegetables	1/2 cup	Grits	1/2 cup	Pinto Beans	1/2 cup	Parslied Whipped Potatoes	1/2 cup	Baked Beans	1/2 cup
Broccoli	1/2 cup	Spinach	1/2 cup	Mexican Rice	1/2 cup	Collard Greens	1/2 cup	Sliced Tomato	1 slice
Dinner Roll	1 each	Biscuit	1 each	Lettuce and Tomato	1/2 cup	Cornbread	1 piece	Lettuce	1/2 cup
Fruit Cup	1 each	Fresh Fruit	1 each	Shredded Cheese	1/2 ounce	Fresh Fruit	1 each	Hamburger Bun	1 each
Milk	1 each	Calcium Fort OJ	1 each	Flour Tortilla	1 each	Calcium Fort OJ	1 each	Mixed Fruit Cobbler	1/2 cup
Margarine	1 each	Margarine	1 each	Fresh Fruit	1 each	Margarine	1 each	Milk	1 each
		Assorted Jelly	1 each	Milk	1 each			Mustard	1 each
				Taco Sauce	1 each			Ketchup	1 each
23		24		25		26		27	
Meatballs with Spaghetti Sauce	3 each	Orange Glazed Chicken	1 piece	Lemon Pepper Fish	1 each	Chicken Salad	1/2 cup	Beef Fiesta Mac	3/4 cup
Spaghetti Noodles	1/2 cup	Delmonico Potatoes	1/2 cup	Grits	1/2 cup	Garbanzo Bean Salad	1/2 cup	Pinto Beans	1/2 cup
Peas & Carrots	1/2 cup	Okra & Tomatoes	1/2 cup	Country Vegetables	1/2 cup	Lettuce/Sliced Tomato	1/2 cup	Summer Veggies	1/2 cup
Wheat Bread	1 slice	Dinner Roll	1 each	Dinner Roll	1 each	Pita Bread	1/2 each	Wheat Bread	1 slice
Fruit Cup	1 each	Fruit Cup	1 each	Fresh Fruit	1 each	Fresh Fruit	1 each	Fresh Fruit	1 each
Milk	1 each	Calcium Fort OJ	1 each	Milk	1 each	Calcium Fort OJ	1 each	Milk	1 each
Margarine	1 each	Margarine	1 each	Margarine	1 each	Ranch Dressing	1 each	Margarine	1 each
30		31							
Mozzarella Chicken	1 each	Pork Sausage	1 each						
Penne/Tomatoes	1/2 cup	Northern Beans	1/2 cup						
Brussels Sprouts	1/2 cup	California Veggies	1/2 cup						
Dinner Roll	1 each	Hot Dog Bun	1 each						
Fruit Cup	1 each	Fruit Cup	1 each						
Milk	1 each	Calcium Fort OJ	1 each						
Margarine	1 each	Mustard	1 each						

Aging True MOW

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>TRIO Community Meals an elior company</p>		1	2	Labor Day Meal - 3
		Beef w/Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Beans 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each	Fiesta Chicken 1 piece Yellow Rice 1/2 cup Collard Greens 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each	BBQ Pork 3 oz Veg Baked Beans 1/2 cup Coleslaw 1/2 cup Hamburger Bun 1 each Peach Cobbler 1/2 cup Milk 1 each
6	7	8	9	10
CLOSED	Chicken Broccoli Rice Casserole 3/4 cup Green Beans 1/2 cup Whole Kernel Corn 1/2 cup Wheat Bread 1 slice Fruit Cup 1 each Calcium Fort OJ 1 each Margarine 1 each	Baked Meatballs 3 each Brown Gravy/Mushrooms 1 oz Mixed Beans 1/2 cup Broccoli & Carrots 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Milk 1 each Margarine 1 each	Tuna Mac Salad 3/4 cup Coleslaw 1/2 cup Green Pea Salad 1/2 cup Saltine Crackers 2 pkt Fresh Fruit 1 each Calcium Fort OJ 1 each	BBQ Chicken Thigh 1 piece Black-eyed Peas 1/2 cup Turnip Greens 1/2 cup Cornbread 1 piece Fresh Fruit 1 each Milk 1 each
13	14	15	16	17
Turkey Ham with White Beans 3/4 cup Spring Vegetables 1/2 cup Broccoli 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Milk 1 each Margarine 1 each	Cheese Omelet 1 each Grits 1/2 cup Spinach 1/2 cup Biscuit 1 each Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each Assorted Jelly 1 each	Taco Meat 4 ounce Pinto Beans 1/2 cup Mexican Rice 1/2 cup Lettuce and Tomato 1/2 cup Shredded Cheese 1/2 ounce Flour Tortilla 1 each Fresh Fruit 1 each Milk 1 each Taco Sauce 1 each	Oven Fried Chicken 1 piece Parslied Whipped Potatoes 1/2 cup Collard Greens 1/2 cup Cornbread 1 piece Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each	Hamburger Patty 1 each Baked Beans 1/2 cup Sliced Tomato 1 slice Lettuce 1/2 cup Hamburger Bun 1 each Mixed Fruit Cobbler 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each
20	21	22	23	24
Meatballs with Spaghetti Sauce 3 each Spaghetti Noodles 1/2 cup Peas & Carrots 1/2 cup Wheat Bread 1 slice Fruit Cup 1 each Milk 1 each Margarine 1 each	Orange Glazed Chicken 1 piece Delmonico Potatoes 1/2 cup Okra & Tomatoes 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Calcium Fort OJ 1 each Margarine 1 each	Lemon Pepper Fish 1 each Grits 1/2 cup Country Vegetables 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Milk 1 each Margarine 1 each	Chicken Salad 1/2 cup Garbanzo Bean Salad 1/2 cup Lettuce/Sliced Tomato 1/2 cup Pita Bread 1/2 each Fresh Fruit 1 each Calcium Fort OJ 1 each Ranch Dressing 1 each	Beef Fiesta Mac 3/4 cup Pinto Beans 1/2 cup Summer Veggies 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each
27	28	29	30	
Mozzarella Chicken 1 each Penne/Tomatoes 1/2 cup Brussels Sprouts 1/2 cup Dinner Roll 1 each Fruit Cup 1 each Milk 1 each Margarine 1 each	Pork Sausage 1 each Northern Beans 1/2 cup California Veggies 1/2 cup Hot Dog Bun 1 each Fruit Cup 1 each Calcium Fort OJ 1 each Mustard 1 each	Beef w/Mushroom Gravy 1 each Whipped Potatoes 1/2 cup Green Beans 1/2 cup Wheat Bread 1 slice Fresh Fruit 1 each Milk 1 each Margarine 1 each	Fiesta Chicken 1 piece Yellow Rice 1/2 cup Collard Greens 1/2 cup Dinner Roll 1 each Fresh Fruit 1 each Calcium Fort OJ 1 each Margarine 1 each	