

OSCEOLA COUNCIL ON AGING

ADHC Lunch Menu October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Portion sizes: 1: 3 oz serving of protein 2: 4 oz servings of fruit/vegetable 2 ounce of bread or alternative 1 pat of margine 1: 4 oz serving dessert or fruit 1/2 pint milk Average of 600 calories per meal	Menu subject to change without notice. *We offer a variety of foods adapted to the food habits, preferences and physical abilities of the participants		10/01/21 Shredded Pork Rice Whipped Sweet Potatoes Brussels Sprouts Tropical Fruit Milk or Fortified Juice
 10/04/21	10/05/21	10/06/21	10/07/21	10/08/21
Mushroom Burger Tater Gems Green Beans Hamburger Bun Applesauce Milk or Fortified Juice	Chicken Alfredo Italian Vegetables Broccoli Fresh Fruit Milk or Fortified Juice	Pork Carnitas Yellow Rice Black Beans Fiesta Vegetables Fresh Fruit Milk or Fortified Juice	Swedish Meatballs Egg Noodles Green Peas Carrots Fresh Banana Milk or Fortified Juice	Creole Chicken Whipped Potatoes Cabbage Cornbread Fresh Fruit Diet - Chocolate Pudding Milk or Fortified Juice Margarine
10/11/21	10/12/21	10/13/21	10/14/21	10/15/21
Arroz con Pollo Black Beans Glazed Carrots Mixed Fruit Milk or Fortified Juice	BBQ Pork Riblet Tater Gems Green Peas Hamburger Bun Pineapple Tidbits Diet - Vanilla Pudding Milk or Fortified Juice	Picadillo Rice Corn O'Brien California Vegetables Fresh Fruit Milk or Fortified Juice	Maple Glazed Chicken Whipped Potatoes Mixed Greens Cornbread Applesauce Milk Milk or Fortified Juice Margarine	Spaghetti Meatballs Rotini Pasta Garden Vegetables Green Beans Fresh Fruit Milk or Fortified Juice
10/18/21	10/19/21	10/20/21	10/21/21	10/22/21
Meatloaf with Brown Gravy Macaroni and Cheese Baby Carrots Green Beans Mixed Fruit Milk or Fortified Juice	Shredded Pork with Grilled Onions Yellow Rice Sweet Plantains Broccoli Fresh Fruit Milk or Fortified Juice	Garlic Rosemary Chicken Whipped Potatoes Mixed Vegetables Cornbread Pineapple Tidbits Milk or Fortified Juice Margarine	Cheeseburger Tater Gems Winter Vegetables Hamburger Bun Fresh Fruit Milk or Fortified Juice Ketchup	Spanish Rice & Chicken Scalloped Tomatoes Black Beans Fresh Fruit Diet - Chocolate Pudding Milk or Fortified Juice
10/25/21	10/26/21	10/27/21	10/28/21	10/29/21
Swiss Steak Penne Pasta Carrots Green Peas Fresh Fruit Diet - Chocolate Pudding Milk or Fortified Juice	Cuban Chicken Stew Yellow Rice Green Beans Sweet Plantains Fresh Fruit Milk or Fortified Juice	Cheeseburger Potato Wedges Pinto Beans Hamburger Bun Pineapple Tidbits Milk or Fortified Juice Ketchup	Turkey Breast and Gravy Cornbread Dressing Whipped Potatoes Broccoli Cornbread Fresh Fruit Milk or Fortified Juice	Creamy Paprika Chicken Bowtie Pasta Capri Vegetables Whole Kernel Corn Applesauce Milk or Fortified Juice