

# OSCEOLA COUNCIL ON AGING

November 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/01/23	11/02/23	11/03/23
Portion Sizes: 1:3 oz serving of protein 2:4 oz servings fruit/vegetable 2 oz of bread or alternative 1 pat of margarine 1:4 oz serving dessert of fruit ½ pint milk	<b>Menu subject to change without notice</b> *We offer a variety of foods adapted to the food habits, preferences and physical abilities of the participants.	Breaded Chicken Country Gravy Macaroni & Cheese Mixed Vegetable Blend Cabbage Fresh Fruit Milk or Fortified Juice Diet - Gelatin	Beef Stew Whipped Potatoes Green Beans Fresh Fruit Cornbread Milk or Fortified Juice	Pork Carnitas Yellow Rice Black Beans Fiesta Vegetable Blend Fresh Banana Milk or Fortified Juice
11/06/23	11/07/23	11/08/23	11/09/23	11/10/23
Spaghetti Meat Sauce Spaghetti Noodles Garden Vegetable Blend Green Peas Fresh Fruit Milk or Fortified Juice	Arroz con Pollo Black Beans Carrots Fresh Fruit Milk or Fortified Juice	BBQ Pork Riblet Red Potato Wedges Broccoli Hamburger Bun Fresh Banana Milk or Fortified Juice Diet - Gelatin	Popcorn Chicken Whipped Potatoes Green Beans Cornbread Fresh Fruit Milk or Fortified Juice BBQ Sauce	Chili Hot Dog Red Potato Wedges BBQ Baked Beans Hot Dog Bun Fresh Fruit Milk or Fortified Juice
11/13/23	11/14/23	11/15/23	11/16/23	11/17/23
Salisbury Steak <i>New!</i> Steakhouse Sauce Macaroni and Cheese Rosemary Carrots Green Peas Fresh Fruit Milk or Fortified Juice	Shredded Pork with Grilled Onions Yellow Rice Sweet Plantains Green Beans Fresh Banana Milk or Fortified Juice	Chicken Supreme Rice Whole Kernel Corn Brussels Sprouts w/Carrots Fresh Fruit Milk or Fortified Juice	Cheeseburger Sweet Potatoes Broccoli Hamburger Bun Fresh Fruit Milk or Fortified Juice Ketchup	Ham & Red Beans Whipped Potatoes Seasoned Cabbage Cornbread Fresh Fruit Milk or Fortified Juice Diet - Gelatin
11/20/23	11/21/23	11/22/23	11/23/23	11/24/23
Chicken & Sausage Paella Sweet Plantains Green Beans Fresh Fruit Milk or Fortified Juice	Brown Sugar Glazed Ham Whipped Potatoes Broccoli Biscuit Applesauce Cup Milk or Fortified Juice	Breaded Chicken Tater Gems Carrots Hamburger Bun Fresh Fruit Milk or Fortified Juice Diet - Gelatin Ketchup	<b>Closed for Thanksgiving</b>	<b>Closed for Thanksgiving</b>
11/27/23	11/28/23	11/29/23	11/30/23	
Chicken Cacciatore Rice Whole Kernel Corn Broccoli Fresh Fruit Milk or Fortified Juice Chicken Cacciatore	Swedish Meatballs Penne Pasta Green Peas Carrots Fresh Fruit Milk or Fortified Juice	Breaded Chicken Country Gravy Macaroni & Cheese Mixed Vegetable Blend Cabbage Fresh Fruit Milk or Fortified Juice Diet - Gelatin	Beef Stew Whipped Potatoes Green Beans Fresh Fruit Cornbread Milk or Fortified Juice	All menus are developed to represent the most current Dietary Reference intakes and daily compliance range for target nutrients within the 1800-calorie component meal pattern plan. Average of 600 calories calories per meal

*Veronica Gober MS RD LD*

Veronica Gober, MS, RD, LD  
8/24/2023