



Area Agency on Aging
of Broward County

MENU FOR THE MONTH

Elder  **Affairs**
FLORIDA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 28	October 29	October 30	October 31	November 1
				3 oz Chopped Mojo Chicken ½ c Peppers, Onions and Corn ½ c Yellow Rice with Peas and Carrots 1 large Whole Grain Tortilla ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice
November 4	November 5	November 6	November 7	November 8
4 oz Beef Bourguignon with brown sauce ½ c. Red Potato Wedge ½ c. Green Peas with mushrooms and carrots 2 SL WG Bread w/Margarine Cup ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Baked Salmon ½ c Mashed Sweet Potatoes ½ c Sauteed Spinach 2 SL WG Bread w/margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Chicken Cacciatore ½ c Diced Potatoes ½ c Mixed Vegetables 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	4 oz Picadillo Plantains (4 pieces) ½ c White Rice ½ c Black Beans 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Herbed Chicken ½ c Herbed Penne Pasta ½ c Broccoli ½ c Herbed Green Beans 1 SL WG Bread w/Margarine Cup ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice
November 11	November 12	November 13	November 14	November 15
6 oz Cheese Ravioli in Marinara Sauce – 5 ravioli ½ c Carrots ½ c Steamed Broccoli 2 SL WG Bread w/Margarine Cup 1/2 c Fruit Cup 4 oz Blended Juice, 8 oz LF 1% Milk	3 oz Barbeque Chicken Thigh ½ c Collard Greens ½ c Garlic Mashed Potatoes 2 SL WG Bread w/margarine ½ c Fresh Fruit 4 oz Blended Juice, 8 oz LF 1% Milk	6oz. Mac & Cheese w/ 2 oz. Diced Chicken on top ½ c Parslied Carrots ½ c Peas 2 SL WG Bread w/ margarine ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3 oz Sweet & Sour Chicken ½ c White Rice 1 c Asian Blend Vegetables 2 SL WG Bread w/margarine ½ c Fruit Cup 8 oz 1% LF Milk, 4 oz Blended Juice	3oz Tuscan Chicken with Spinach & Tomato Florentine ½ c Tuscan Vegetables ½ c Roasted Sweet Potatoes 2 Slice WG Bread w/Margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk, 4 oz Blended Juice
November 18	November 19	November 20	November 21	November 22
(3) 1 oz Meatballs w/ Brown Gravy ½ c Brown Rice Pilaf ½ c Mixed Vegetables 2 SL WG Bread w/Margarine cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	4 oz Breaded Fish Filet ½ c. Tomatoes & Okra ½ c. Polenta w/ cheese 2 SL WG Bread w/margarine cup 1 Pk Tarter Sauce ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice	3 oz Turkey Meatloaf w/ 1 oz gravy ½ c Mashed Sweet Potatoes ½ c Green Beans 2 SL WG Bread w/margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	3 oz. Lemon Baked Chicken ½ c Brown Rice ½ c Carrots 2 SL WG Bread w/ Margarine Cup ½ c. Fruit Cup 8 oz 1% LF Milk 4 oz. Blended Juice	3oz. Breaded Chicken Filet 1oz Poultry Gravy ½ c. Mashed Potatoes ½ c. Green Beans 1 SL WG Bread w/Margarine Cup ½ c. Fresh Fruit 8 oz 1% LF Milk 4 oz. Blended Juice
November 25	November 26	November 27	November 28	November 29
3 oz Chicken ½ c Brown Rice ½ c Sauteed Vegetable Stir Fry 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Baked Chicken Parmigiana ½ c Mixed Vegetables ½ c spaghetti w/ marinara sauce 2 SL WG Bread w/margarine Cup ½ c Fresh Fruit 8 oz 1% LF Milk 4 oz Blended Juice	3 oz Salisbury Steak w/ gravy ½ c Garlic Mashed Potatoes ½ c Peas & Carrots 2 SL WG Bread w/Margarine Cup ½ c Fruit Cup 8 oz 1% LF Milk 4 oz Blended Juice	CLOSED	CLOSED
Approved by: Alex Frizzelle RD/LDN	Alex Frizzelle			