

APRIL 2012

Aging & In Home Services of N.E. Indiana, Inc.

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
2 BAKED CHICKEN WITH WILD RICE BROCCOLI BLACK EYED PEAS WHEAT ROLL COOKIE MILK	3 SPAGHETTI WITH MEAT BALLS ITALIAN GREEN BEANS CAULIFLOWER DINNER ROLL PLUMS MILK	4 CHICKEN BREAST ORIENTAL VEGETABLES PARSLEY NEW POTATOES WHEAT BREAD TROPICAL FRUIT SALAD MILK	5 CHICKEN FRIED STEAK WITH COUNTRY GRAVY SPINACH SCALLOPED POTATOES RAISINS WHITE ROLL MILK	6 POTATO CRUSTED POLLOCK CORN PEAS WHEAT BREAD APRICOTS MILK OFFICE CLOSED
9 HUNGARIAN GOULASH CAULIFLOWER CORN FRUIT CUP WHEAT ROLL MILK	10 BREAKFAST CASSEROLE CEREAL CINNAMON APPLESAUCE WHEAT BREAD PEANUT BUTTER MARGARINE MILK	11 THREE CHEESE PASTA WITH HAM PEAS DICED CARROTS APPLESAUCE DINNER ROLLS MILK	12 SLICED TURKEY WITH GRAVY BROCCOLI CUTS WHIPPED SWEET POTATOES CRANBERRY PEAR CRISP WHEAT BREAD MILK	13 CHICKEN NUGGETS EGG NOODLES WITH GRAVY ORIENTAL VEGETABLES CORN COOKIE MILK
16 COUNTRY HAM & BEANS CAULIFLOWER BRUSSEL SPROUTS DICED PEACHES CORN BREAD MILK	17 LEMON PEPPER CHICKEN ASPARAGUS ROASTED POTATOES BREAD PUDDING MULTI GRAIN BREAD MILK	18 BEEF & CABBAGE STEW APPLE & DRIED FRUIT MEDLEY CORN DINNER ROLL MILK	19 BEEF & NOODLES MASHED POTATOES GREEN BEANS PLUMS WHEAT BREAD MILK	20 CHICKEN TENDERS WITH WHITE GRAVY RICE PILAF MEXICALI CORN TURNIP GREENS SLICED APPLES MILK
23 PASTA ALFREDO WITH CHICKEN BREAST PEAS & CARROTS CINNAMON APPLESAUCE FIG NEWTON MILK	24 TURKEY BURGER SUCCOTASH CAULIFLOWER COOKIE HAMBURGER BUN MILK	25 CHICKEN CACCIATORE MASHED POTATOES BROCCOLI CUTS JELLO DINNER ROLL MILK	26 MEATLOAF WITH GRAVY HARVARD BEETS MASHED POTATOES FRESH ORANGE WHEAT BREAD MILK	27 BAKED COD WITH BLUE CHEESE CRUST LINGUINE WITH VEGETABLES CAULIFLOWER GRAHAM CRACKERS MILK
30 SPAGHETTI WITH MEAT SAUCE ITALIAN GREEN BEANS CAULIFLOWER DICED PEACHES DINNER ROLL MILK				

** ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE **

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Monday	Tuesday	Wednesday	Thursday	Friday
2 CAL = 832 FAT = 36 G SODIUM = 1040 MG FIBER = 7 G CARBS = 82 G CALCIUM = 383.45 MG	3 CAL = 1050 FAT = 33 G SODIUM = 446 MG FIBER = 12 G CARBS = 132 G CALCIUM = 428.28 MG	4 CAL = 557 FAT = 19 G SODIUM = 913 MG FIBER = 8 G CARBS = 69 G CALCIUM = 397.61 MG	5 CAL = 968 FAT = 27 G SODIUM = 1462 MG FIBER = 15 G CARBS = 146 G CALCIUM = 694.04 MG	6 CAL = 638 FAT = 19 G SODIUM = 683 MG FIBER = 6 G CARBS = 83 G CALCIUM = 327.46 MG
9 CAL = 780 FAT = 22 G SODIUM = 800 MG FIBER = 6 G CARBS = 101 G CALCIUM = 417.25 MG	10 CAL = 714 FAT = 26 G SODIUM = 1049 MG FIBER = 4 G CARBS = 84 G CALCIUM = 409.25 MG	11 CAL = 644 FAT = 16 G SODIUM = 952 MG FIBER = 9 G CARBS = 91 G CALCIUM = 627.95 MG	12 CAL = 616 FAT = 10 G SODIUM = 1067 MG FIBER = 6 G CARBS = 102 G CALCIUM = 363.44 MG	13 CAL = 765 FAT = 30 G SODIUM = 943 MG FIBER = 10 G CARBS = 92 G CALCIUM = 503.61 MG
16 CAL = 706 FAT = 19 G SODIUM = 783 MG FIBER = 15 G CARBS = 102 G CALCIUM = 419.04 MG	17 CAL = 665 FAT = 20 G SODIUM = 1263 MG FIBER = 6 G CARBS = 73 G CALCIUM = 526.58 MG	18 CAL = 640 FAT = 13 G SODIUM = 752 MG FIBER = 6 G CARBS = 84 G CALCIUM = 475.33 MG	19 CAL = 710 FAT = 14 G SODIUM = 1049 MG FIBER = 8 G CARBS = 107 G CALCIUM = 465.16 MG	20 CAL = 597 FAT = 18 G SODIUM = 881 MG FIBER = 5 G CARBS = 82 G CALCIUM = 527.86 MG
23 CAL = 600 FAT = 22 G SODIUM = 898 MG FIBER = 6 G CARBS = 87 G CALCIUM = 402.30 MG	24 CAL = 700 FAT = 29 G SODIUM = 886 MG FIBER = 9 G CARBS = 71 G CALCIUM = 456.33 MG	25 CAL = 604 FAT = 12 G SODIUM = 789 MG FIBER = 11 G CARBS = 87 G CALCIUM = 421.18 MG	26 CAL = 731 FAT = 19 G SODIUM = 990 MG FIBER = 12 G CARBS = 90 G CALCIUM = 506.96 MG	27 CAL = 617 FAT = 20 G SODIUM = 623 MG FIBER = 5 G CARBS = 71 G CALCIUM = 431.35 MG
30 CAL = 734 FAT = 24 G SODIUM = 570 MG FIBER = 6 G CARBS = 89 G CALCIUM = 367.28 MG				THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES