

MARCH 2012

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

NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HOOSIER BREADED PORK TENDERLOIN WITH CREAM GRAVY WHIPPED SWEET POTATOES SEASONED LIMA BEANS FRESH APPLE MILK	2 PASTA MARINARA WITH CRAB CAKES GREEN BEANS CORN DINNER ROLL FRESH ORANGE MILK
5 ROAST PORK LOIN WITH TROPICAL FRUIT SAUCE ISLAND SWEET POTATOES GREEN BEANS RAISINS MILK	6 LEMON PEPPER CHICKEN ASPARAGUS ROASTED POTATOES MULTI GRAIN BREAD MILK	7 ALFREDO BASIL PASTA WITH PORK ITALIAN VEGETABLE BLEND CORN ITALIAN BREAD MIXED FRUIT MILK	8 BEEF AND NOODLES MASHED POTATOES GREEN BEANS WHEAT BREAD PLUMS MILK	9 BAKED POLLOCK BLACK EYED PEAS STEWED TOMATOES POTATO ROLL FRESH APPLE MILK
12 PASTA ALFREDO W/CHIX BREAST PEAS & CARROTS CINNAMON APPLESAUCE FIG NEWTON MILK	13 CHEESEY CHOPPED STEAK WHITE & WILD RICE ITALIAN GREEN BEANS FRESH ORANGE WHEAT BREAD MILK	14 OVEN SAGE CHICKEN MASHED SWEET POTATOES FESTIVE GREEN BEANS CHERRY AMBROSIA OR PINEAPPLE WHOLE WHEAT ROLL MARGARINE MILK	15 MEATLOAF W/ GRAVY HARVARD BEETS MASHED POTATOES WHEAT BREAD FRESH ORANGE MILK	16 CHIX TENDERS SEASONED RICE PILAF MEXICALI CORN TURNIP GREENS SLICED APPLES MILK
19 GINGER BBQ CHICKEN WHIPPED SWEET POTATOES CAULIFLOWER WHEAT BREAD PEACH DELIGHT MILK	20 BRAISED BEEF OVER EGG NOODLES PEAS DICED CARROTS WHEAT ROLL MIXED FRUIT WITH PLUMS MILK	21 OVEN FRIED CHICKEN SCALLOPED POTATOES STRING BEANS WHEAT BREAD DICED PEARS MILK	22 SLOW ROASTED BEEF WITH BROWN GRAVY CALIFORNIA BLEND MASHED POTATOES PEAR CRISP WHEAT BREAD MILK	23 POTATO CRUSTED POLLOCK CORN PEAS WHOLE WHEAT BREAD APRICOTS MILK
26 BEEF STEW TURNIP GREENS CORN WHEAT BREAD FRUIT COOKIE MILK	27 BBQ BEEF GREAT NORTHERN BEANS DICED CARROTS WHITE BUN PUDDING CUP MILK	28 SCRAMBLED EGGS SAUSAGE LINK HASH BROWN POTATOES SPICED PEACHES CINNAMON RAISIN BREAD MILK	29 ROAST PORK WITH SPICED ORANGE SAUCE NEW POTATOES VEGETABLE BLEND WHEAT BREAD FIG NEWTON MILK	30 LEMON PEPPER COD SPINACH PEAS & CORN WHEAT BREAD PUDDING CUP MILK

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

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<p>THE NUTRITIONAL INFORMATION CONTAINS THE MILK OFFERED WITH EACH MEAL</p>			<p>1 CAL = 859 FAT = 28 G SODIUM = 1102 MG FIBER = 13 G CARBS = 123 G CALCIUM = 410.91 MG</p>	<p>2 CAL = 807 FAT = 19 G SODIUM = 957 MG FIBER = 13 G CARBS = 133 G CALCIUM = 420.35 MG</p>
<p>5 CAL = 689 FAT = 9 G SODIUM = 612 MG FIBER = 8 G CARBS = 129 G CALCIUM = 383.57 MG</p>	<p>6 CAL = 677 FAT = 18 G SODIUM = 1020 MG FIBER = 7 G CARBS = 74 G CALCIUM = 535.67 MG</p>	<p>7 CAL = 904 FAT = 23 G SODIUM = 790 MG FIBER = 7 G CARBS = 127 G CALCIUM = 436.04 MG</p>	<p>8 CAL = 735 FAT = 17 G SODIUM = 1052 MG FIBER = 7 G CARBS = 107 G CALCIUM = 445.33 MG</p>	<p>9 CAL = 680 FAT = 19 G SODIUM = 1302 MG FIBER = 10 G CARBS = 92 G CALCIUM = 365.35 MG</p>
<p>12 CAL = 726 FAT = 15 G SODIUM = 669 MG FIBER = 6 G CARBS = 110 G CALCIUM = 376.36 MG</p>	<p>13 CAL = 681 FAT = 22 G SODIUM = 806 MG FIBER = 8 G CARBS = 84 G CALCIUM = 345.66 MG</p>	<p>14 CAL = 994 FAT = 27 G SODIUM = 1012 MG FIBER = 10 G CARBS = 123 G CALCIUM = 810.65 MG</p>	<p>15 CAL = 697 FAT = 16 G SODIUM = 971 MG FIBER = 8 G CARBS = 108 G CALCIUM = 432.43 MG</p>	<p>16 CAL = 638 FAT = 19 G SODIUM = 683 MG FIBER = 6 G CARBS = 83 G CALCIUM = 327.46 MG</p>
<p>19 CAL = 622 FAT = 14 G SODIUM = 831 MG FIBER = 7 G CARBS = 86 G CALCIUM = 563.34 MG</p>	<p>20 CAL = 624 FAT = 12 G SODIUM = 828 MG FIBER = 14 G CARBS = 93 G CALCIUM = 486.33 MG</p>	<p>21 CAL = 744 FAT = 36 G SODIUM = 1019 MG FIBER = 4 G CARBS = 74 G CALCIUM = 419.98 MG</p>	<p>22 CAL = 593 FAT = 13 G SODIUM = 713 MG FIBER = 9 G CARBS = 79 G CALCIUM = 435.89 MG</p>	<p>23 CAL = 700 FAT = 17 G SODIUM = 961 MG FIBER = 9 G CARBS = 94 G CALCIUM = 559.05 MG</p>
<p>26 CAL = 998 FAT = 37 G SODIUM = 578 MG FIBER = 13 G CARBS = 109 G CALCIUM = 368.47 MG</p>	<p>27 CAL = 879 FAT = 23 G SODIUM = 945 MG FIBER = 14 G CARBS = 125 G CALCIUM = 401.02 MG</p>	<p>28 CAL = 842 FAT = 24 G SODIUM = 806 MG FIBER = 7 G CARBS = 92 G CALCIUM = 574.71 MG</p>	<p>29 CAL = 977 FAT = 28 G SODIUM = 1496 MG FIBER = 15 G CARBS = 148 G CALCIUM = 695.39 MG</p>	<p>30 CAL = 567 FAT = 9 G SODIUM = 1110 MG FIBER = 7 G CARBS = 85 G CALCIUM = 392.23 MG</p>

NUTRITIONAL ANALYSIS

GM = GRAMS

CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES