

**Ashe Services for Aging  
Lunch Menu  
Spring/Summer  
September 4<sup>th</sup> – September 8<sup>th</sup>**

\*canned @frozen #fresh %dried

<b>Week 1</b>	<b>Monday 4th</b>	<b>Tuesday 5th</b>	<b>Wednesday 6th</b>	<b>Thursday 7th</b>	<b>Friday 8th</b>
<b>3 ounce portion</b>	Baked Chicken Leg@	Pork Tenderloin w/ low sodium gravy @ 4 ounce	Meatloaf w/gravy@ 4 ounce	Baked Tilapia filet @	Chicken Salad # 4 ounce
<b>½ cup portion</b>	Mashed Potato%	Lima Beans@	Mashed Potato%	Whole Kernel Corn@	Potato Salad # 2.5 ounce
<b>½ cup portion</b>	Steamed Green Beans@	Pickled Beets*	Steamed Mixed Vegetables@	Cole Slaw#	Carrot Raisin Salad # 4 ounce Grape tomato # 3.5 ounce
<b>½ cup portion</b>	Brownie % 2 inch square	Fruit Cocktail*	Pineapple*	Yellow Cake % 2 inch square	Peaches*
<b>1 serving</b>	Roll@	Roll@	Roll @	Cornbread% 2 inch square	Unsalted crackers 2 packs
<b>1 teaspoon serving</b>	Margarine optional	Margarine	Margarine	Margarine optional	
<b>1 cup serving</b>	1% Milk #	1% Milk #	1% Milk #	1% Milk#	1% Milk #
	Nutrient Total 704 calories 10.9 gm fat 776 sodium 602 calcium Yes Vit A Yes Vit C	Nutrient Total 702 calories 17.9 gm fat 1173 sodium 590 calcium No Vit A Yes Vit C	Nutrient Total 702 Calories 15.2 gm fat 583 sodium 567 calcium Yes Vit A Yes Vit C	Nutrient Total 702 calories 15.6 gm fat 947 sodium 661 calcium Yes Vit A Yes Vit C	Nutrient Total 711 calories 34 gm fat 952 sodium 632 calcium Yes Vit A Yes Vit C

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.

Approved: \_\_\_\_\_

Ashe Services for Aging  
Lunch Menu  
Spring/Summer  
September 11<sup>th</sup> – September 15<sup>th</sup>

\*Canned @Frozen #Fresh %Dried

Week 2	Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<b>3 ounce portion</b>	Hamburger Steak w/gravy @ 4 ounce portion	Baked Chicken Tender w/gravy @ 4 ounce portion	Pinto Beans % 1 cup	Baked Pork Tenderloin w/gravy @ 4 ounce	Baked Whiting Fish Filet @
<b>½ cup portion</b>	Steamed Rice %	Mashed Potatoes %	Steamed Cabbage #	Baked Sweet Potato *	Whole Kernel Corn@
<b>½ cup portion</b>	Steamed Mixed Vegetables @	Steamed Green Beans@	Stewed Tomato *	Steamed Crookneck Squash #	Slaw #
<b>½ cup portion</b>	Peaches *	Yellow Cake % 2 inch square	Peach Cobbler #	Applesauce *	Pears *
<b>1 serving</b>	Roll @	Roll @	Cornbread % 2 inch square	Roll @	Baked Hushpuppy Portion of 3 @
<b>1 teaspoon serving</b>	Margarine optional	Margarine	Margarine optional	Margarine	Margarine optional
<b>1 cup serving</b>	1% Milk #	1%Milk #	1% Milk #	1% Milk #	1% Milk #
	Nutrient Total 805 calories 29.9 gm fat 805 sodium 554 calcium Yes Vit A Yes Vit C	Nutrient Total 718 calories 11.4 gm fat 843 sodium 590 calcium Yes Vit A Yes Vit C	Nutrient Total 700 calories 23 gm fat 867 sodium 789 calcium Yes Vit A Yes Vit C	Nutrient Total 715 calories 17.9 gm fat 974 sodium 599 calcium Yes Vit A Yes Vit C	Nutrient Total 704 calories 25.8 gm fat 898 sodium 633 calcium Yes Vit A Yes Vit C

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.

Approved: \_\_\_\_\_

Ashe Services for Aging  
Lunch Menu  
Spring/Summer  
September 18<sup>th</sup> – September 22<sup>nd</sup>

\*Canned @ Frozen # Fresh % Dried

<b>Week 3</b>	<b>Monday 18th</b>	<b>Tuesday 19th</b>	<b>Wednesday 20th</b>	<b>Thursday 21st</b>	<b>Friday 22nd</b>
<b>3 ounce portion</b>	Baked Chicken Breast @	BBQ Pork @ 3.5 ounce portion	Spaghetti 5 ounce Meat sauce 4 ounce #	Salisbury Steak w/gravy # 4 ounce	Ham Salad # 1.75 ounce portion
<b>½ cup portion</b>	Boiled Red Potato #	Whole Kernel Corn @	Tossed Salad # 1 cup portion	Mashed Potato #	Macaroni Salad # 2 ounce
<b>½ cup portion</b>	Steamed Green Beans @	Cole Slaw #	Salad Dressing # *Client choice	Steamed Mixed Vegetables @	Copper Pennies # 3.5 ounce portion Grape Tomato # 3 ounce portion
<b>½ cup portion</b>	Brownie % 2 ounce	Pineapple *	Peaches *	Berry Cobbler #	Fruit Cocktail *
<b>1 serving</b>	Biscuit @	Roll @	Roll @	Roll @	Roll @
<b>1 teaspoon serving</b>	Margarine optional	Margarine optional	Margarine optional	Margarine optional	Margarine optional
<b>1 cup serving</b>	1% Milk	1%Milk	1% Milk	1% Milk	1% Milk
	Nutrient Total 732 calories 20.5 gm fat 1300 sodium 611 calcium Yes Vit A Yes Vit C	Nutrient Total 741 calories 27 gm fat 1069 sodium 587 calcium Yes Vit A Yes Vit C	Nutrient Total 769 calories 23.2 gm fat 484 sodium 585 calcium Yes Vit A Yes Vit C	Nutrient Total 874 calories 30.6 gm fat 1214 sodium 599 calcium Yes Vit A Yes Vit C	Nutrient Total 706 calories 23.8 gm fat 1300 sodium 585 calcium Yes Vit A Yes Vit C

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.

Approved: \_\_\_\_\_

Ashe Services for Aging  
Lunch Menu  
Spring/Summer  
September 25<sup>th</sup> – September 29<sup>th</sup>

\* Canned @ Frozen # Fresh % Dried

<b>Week 4</b>	<b>Monday 25th</b>	<b>Tuesday 26th</b>	<b>Wednesday 27th</b>	<b>Thursday 28th</b>	<b>Friday 29th</b>
<b>3 ounce portion</b>	Baked Pork Patty 3 ounce @	Meatloaf 4 ounce#	Baked Chicken Tenders @	Pinto Beans 8 ounces%	Hamburger Patty w/gravy 4 ounce @
<b>½ cup portion</b>	Green Peas @	Steamed Rice #	Lima Beans @	Stewed Tomato*	Boiled Red Potato #
<b>½ cup portion</b>	Carrots @	Steamed Broccoli Florets #	Steamed Squash with onion #	Cole Slaw #	Steamed Green Beans #
<b>½ cup portion</b>	Devil's food Cake 2 ounce %	Yogurt 3.5 ounce #	Brownie % 2 ounce	Peach Cobbler 3 ounces*	Yellow Cake 2 ounce %
<b>1 serving</b>	Roll @	Roll @	Roll @	Cornbread %	Roll @
<b>1 teaspoon serving</b>	Margarine optional	Margarine optional	Margarine optional	Margarine optional	Margarine optional
<b>1 cup serving</b>	1% Milk	1%Milk	1% Milk	1% Milk	1% Milk
	Nutrient Total 703 calories 30.3 gm fat 1234 sodium 558 calcium Yes Vit A Yes Vit C	Nutrient Total 729 calories 18.4 gm fat 995 sodium 682 calcium Yes Vit A Yes Vit C	Nutrient Total 729 calories 12.4 gm fat 763 sodium 572 calcium Yes Vit A Yes Vit C	Nutrient Total 770 calories 22.7 gm fat 1056 sodium 782 calcium Yes Vit A Yes Vit C	Nutrient Total 834 calories 33.9 gm fat 858 sodium 603 calcium Yes Vit A Yes Vit C

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.

Approved: \_\_\_\_\_