

**Ashe Agency for Aging  
Lunch Menu  
Fall/Winter  
October 30<sup>th</sup> – November 3<sup>rd</sup>**

\*canned @frozen #fresh %dried

<b>Week 1</b>	<b>Monday 30th</b>	<b>Tuesday 31st</b>	<b>Wednesday 1st</b>	<b>Thursday 2nd</b>	<b>Friday 3rd</b>
<b>3 ounce portion</b>	Hawaiian Chicken Breast @	Lasagna w/Meat Sauce 7 oz #	Beef Roast w/gravy 4 oz #	Baked Pork Chop w/gravy 4 oz @	Whiting fish filet @
<b>½ cup portion</b>	Steamed Rice %	Tossed Salad 1 cup #	Potato, carrot, onion cooked in beef broth 1 cup #	Lima beans @	Boiled Red Potato #
<b>½ cup portion</b>	Steamed Mixed Vegetables @	Salad dressing Client choice	See above	Pickled beets *	Cole Slaw #
<b>½ cup portion</b>	Pound Cake 2 inch square %	Yellow Cake 2 inch square %	Spice Cake 2 inch square %	Fruit Cocktail *	Pineapple *
<b>1 serving</b>	Roll@	Roll@	Roll @	Roll @	Baked Hushpuppy @ Portion of 3
<b>1 teaspoon serving</b>	Margarine optional	Margarine	Margarine	Margarine optional	Margarine optional
<b>1 cup serving</b>	1% Milk #	1% Milk #	1% Milk #	1% Milk#	1% Milk #
	Nutrient Total 881 calories 25.3 gm fat 975 sodium 605 calcium Yes Vit A Yes Vit C	Nutrient Total 713 calories 18.2 gm fat 999 sodium 687 calcium No Vit A Yes Vit C	Nutrient Total 707 Calories 15 gm fat 1299 sodium 637 calcium Yes Vit A Yes Vit C	Nutrient Total 710 calories 17.4 gm fat 1238 sodium 549 calcium Yes Vit A Yes Vit C	Nutrient Total 713 calories 24.7 gm fat 905 sodium 646 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 is an equal opportunity employer and provider.\*

Ashe Services for Aging  
Lunch Menu  
Fall/Winter  
November 13<sup>th</sup> – November 17<sup>th</sup>

\*Canned @ Frozen # Fresh % Dried

<b>Week 3</b>	<b>Monday 13th</b>	<b>Tuesday 14th</b>	<b>Wednesday 15th</b>	<b>Thursday 16th</b>	<b>Friday 17th</b>
<b>3 ounce portion</b>	Salisbury Steak w/gravy 4 oz @	Pinto Beans 1 cup %	Chicken Pot Pie 8 oz #	Spaghetti 5 oz Meat Sauce 4 oz #	Lemon Pepper Tilapia 4 oz @
<b>½ cup portion</b>	Mashed Potato %	Stewed Tomato *	Whole Kernel Corn @	Tossed Salad 1 cup #	Boiled Red Potato #
<b>½ cup portion</b>	Broccoli, Carrot Cauliflower blend @	Steamed Cabbage #	See above	Salad dressing Client choice	Cole Slaw #
<b>½ cup portion</b>	Peach Cobbler 3 oz #	Pound Cake 2 oz %	Spice Cake 2 inch square %	Hot Pears w/raisin *	Brownie 2 inch square %
<b>1 serving</b>	Roll @	Cornbread 2 inch square %	Roll @	Roll @	Baked Hushpuppy @ portion of 3
<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 773 calories 27 gm fat 1088 sodium 580 calcium Yes Vit A Yes Vit C	Nutrient Total 811 calories 22.4 gm fat 576 sodium 776 calcium Yes Vit A Yes Vit C	Nutrient Total 704 calories 18.6 gm fat 1028 sodium 625 calcium Yes Vit A Yes Vit C	Nutrient Total 798 calories 23.2 gm fat 486 sodium 585 calcium Yes Vit A Yes Vit C	Nutrient Total 798 calories 28 gm fat 940 sodium 614 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.

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Ashe Services for Aging  
Lunch Menu  
Fall/Winter  
November 20<sup>th</sup> – November 24<sup>th</sup>

\* Canned @ Frozen # Fresh % Dried

<b>Week 4</b>	<b>Monday 20th</b>	<b>Tuesday 21st</b>	<b>Wednesday 22nd</b>	<b>Thursday 23rd</b>	<b>Friday 24th</b>
<b>3 ounce portion</b>	Baked Pork Tenderloin w/gravy 4 oz. @	Baked Chicken Breast w/gravy 4 oz. @	Meatloaf #	Chicken and Dumplings 8 oz. #	Chili Beans 1 cup #
<b>½ cup portion</b>	Candied Yams *	Steamed Rice #	Mashed Potato %	See above	Steamed Rice %
<b>½ cup portion</b>	Steamed Green Beans @	Steamed Broccoli Florets #	Steamed Carrots @	Steamed Green Beans @	Steamed Whole Kernel Corn @
<b>½ cup portion</b>	Mandarin Oranges *	Blueberry Cobbler 3 oz. #	Rice Krispy Treat 2 inch square #	Baked Apples * 6 oz	White Poke Cake w/jello 2 inch square #
<b>1 serving</b>	Roll @	Roll @	Roll @	Biscuit @	Roll @
<b>1 teaspoon serving</b>	Margarine	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 700 calories 14.9 gm fat 672 sodium 632 calcium Yes Vit A Yes Vit C	Nutrient Total 702 calories 16.6 gm fat 1118 sodium 590 calcium Yes Vit A Yes Vit C	Nutrient Total 797 calories 21.2 gm fat 768 sodium 592 calcium Yes Vit A Yes Vit C	Nutrient Total 701 calories 26 gm fat 1161 sodium 712 calcium Yes Vit A Yes Vit C	Nutrient Total 755 calories 15 gm fat 1017 sodium 562 calcium Yes Vit A Yes Vit C

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**Ashe Agency for Aging  
Lunch Menu  
Fall/Winter  
November 27<sup>th</sup> – December 1<sup>st</sup>**

\*canned @frozen #fresh %dried

<b>Week 1</b>	<b>Monday 27th</b>	<b>Tuesday 28th</b>	<b>Wednesday 29th</b>	<b>Thursday 30th</b>	<b>Friday 1st</b>
<b>3 ounce portion</b>	Hawaiian Chicken Breast @	Lasagna w/Meat Sauce 7 oz #	Beef Roast w/gravy 4 oz #	Baked Pork Chop w/gravy 4 oz @	Whiting fish filet @
<b>½ cup portion</b>	Steamed Rice %	Tossed Salad 1 cup #	Potato, carrot, onion cooked in beef broth 1 cup #	Lima beans @	Boiled Red Potato #
<b>½ cup portion</b>	Steamed Mixed Vegetables @	Salad dressing Client choice	See above	Pickled beets *	Cole Slaw #
<b>½ cup portion</b>	Pound Cake 2 inch square %	Yellow Cake 2 inch square %	Spice Cake 2 inch square %	Fruit Cocktail *	Pineapple *
<b>1 serving</b>	Roll@	Roll@	Roll @	Roll @	Baked Hushpuppy @ Portion of 3
<b>1 teaspoon serving</b>	Margarine optional	Margarine	Margarine	Margarine optional	Margarine optional
<b>1 cup serving</b>	1% Milk #	1% Milk #	1% Milk #	1% Milk#	1% Milk #
	Nutrient Total 881 calories 25.3 gm fat 975 sodium 605 calcium Yes Vit A Yes Vit C	Nutrient Total 713 calories 18.2 gm fat 999 sodium 687 calcium No Vit A Yes Vit C	Nutrient Total 707 Calories 15 gm fat 1299 sodium 637 calcium Yes Vit A Yes Vit C	Nutrient Total 710 calories 17.4 gm fat 1238 sodium 549 calcium Yes Vit A Yes Vit C	Nutrient Total 713 calories 24.7 gm fat 905 sodium 646 calcium Yes Vit A Yes Vit C

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