

Ashe Services for Aging
Lunch Menu
Fall/Winter
November 5th – November 9th

*Canned @ Frozen #Fresh %Dried

Week 2	Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th
3 ounce portion	BBQ Pork vinegar based @ 3.5 oz	Spaghetti 1 cup Meat sauce 5 oz#	Great Northern beans 1 cup %	Meatloaf #	Chicken Legs 3 oz @ @
½ cup portion	Whole Kernel Corn @		Stewed Tomato *	Whole Kernel Corn @	Steamed Green Peas #
½ cup portion	Cole Slaw #	Steamed Broccoli @	Mustard Greens #	Steamed Brussel Sprouts@	Steamed Carrots #
½ cup portion	Devil's Food Cake 2 inch square %	Rice Krispy Treat 2 inch square #	Blueberry Cobbler 3 oz #	Brownie 2 inch square %	Pound Cake 2.5 oz %
1 serving	Baked Hushpuppy @ portion of 3	Roll @	Cornbread % 2 inch square	Roll @	Roll @
1 teaspoon serving	Margarine optional	Margarine optional	Margarine optional	Margarine optional	Margarine optional
1 cup serving	1% Milk #	1% Milk #	1% Milk #	1% Milk #	1% Milk #
	Nutrient Total 712 calories 29.2 gm fat 1300 sodium 639 calcium Yes Vit A Yes Vit C	Nutrient Total 661 calories 17.2 gm fat 572 sodium 632 calcium Yes Vit A Yes Vit C	Nutrient Total 748 calories 24.7 gm fat 936 sodium 951 calcium Yes Vit A Yes Vit C	Nutrient Total 796 calories 22 gm fat 799 sodium 625 calcium Yes Vit A Yes Vit C	Nutrient Total 762 calories 21.3 gm fat 900 sodium 567 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 12th – November 16th

*Canned @ Frozen # Fresh % Dried

Week 3	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
3 ounce portion	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 @
½ cup portion	Mashed Potato %	Stewed Tomato *	Whole Kernel Corn @	Tossed Salad 1 cup #	Boiled Red Potato #
½ cup portion	Broccoli, Carrot Cauliflower blend @	Steamed Cabbage #	See above	Salad dressing Client choice	Cole Slaw #
½ cup portion	Peach Cobbler 3 oz #	Pound Cake 2 oz %	Spice Cake 2 inch square %	Hot Pears w/raisin *	Brownie 2 inch square %
1 serving	Roll @	Cornbread 2 inch square %	Roll @	Roll @	Baked Hushpuppy @ portion of 3
1 teaspoon serving	Margarine optional	Margarine optional	Margarine optional	Margarine optional	Margarine optional
1 cup serving	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 19th – November 23rd

* Canned @ Frozen # Fresh % Dried

Week 4	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
3 ounce portion	Baked Pork Tenderloin w/gravy 4 oz. @	Baked Chicken Breast w/gravy 4 oz. @	Meatloaf #	Chicken and Dumplings 8 oz. #	Chili Beans 1 cup #
½ cup portion	Candied Yams *	Steamed Rice #	Mashed Potato %	See above	Steamed Rice %
½ cup portion	Steamed Green Beans @	Steamed Broccoli Florets #	Steamed Carrots @	Steamed Green Beans @	Steamed Whole Kernel Corn @
½ cup portion	Mandarin Oranges *	Blueberry Cobbler 3 oz. #	Rice Krispy Treat 2 inch square #	Baked Apples * 6 oz	White Poke Cake w/jello 2 inch square #
1 serving	Roll @	Roll @	Roll @	Biscuit @	Roll @
1 teaspoon serving	Margarine	Margarine optional	Margarine optional	Margarine optional	Margarine Optional
1 cup serving	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

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

Approved: _____

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**Ashe Agency for Aging
Lunch Menu
Fall/Winter
November 26th – November 30th**

*canned @frozen #fresh %dried

Week 1	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
3 ounce portion	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 @
½ cup portion	Steamed Rice %	Tossed Salad 1 cup #	Potato, carrot, onion cooked in beef broth 1 cup #	Lima beans @	Boiled Red Potato #
½ cup portion	Steamed Mixed Vegetables @	Salad dressing Client choice	See above	Pickled beets *	Cole Slaw #
½ cup portion	Pound Cake 2 inch square %	Yellow Cake 2 inch square %	Spice Cake 2 inch square %	Fruit Cocktail *	Pineapple *
1 serving	Roll@	Roll@	Roll @	Roll @	Baked Hushpuppy @ Portion of 3
1 teaspoon serving	Margarine optional	Margarine	Margarine	Margarine optional	Margarine optional
1 cup serving	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: _____

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