



March 2010

Tri County CAC Hot Menu

Please remember to call and cancel your meal 24 hours in advance to help prevent waste, Please call 866-256-4497.
Cold Menu on back



Monday	Tuesday	Wednesday	Thursday	Friday
1 5.2 oz Baked Chicken Thigh 4 oz Hot German Potato Salad 4 oz Baked Beans 4 oz Applesauce 2 Slices Bread w/ Margarine 8 oz Milk	2 2 oz Cranberry Meatloaf 4 oz Garlic Potatoes 4 oz Sweet Peas 4 oz Cole Slaw 3 Graham Crackers 1 Breadstick w/ Mayo 8 oz Milk	3 6 oz Vegetable Soup 2 oz Sliced Turkey 4 oz Mashed Potatoes 4 oz Tropical Fruit 4 Crackers 1 Muffin w/ Margarine 8 oz Milk	4 2.5 oz Hamburger Patty 4 oz Dill Potatoes 4 oz Corn 4 oz Peaches 1 Bun w/ Mustard & Ketchup 8 oz Milk	5 6 oz Lasagna w/meat 4 oz Spinach 1 Pc Garlic Bread 4 oz Diced Pears 4 oz Celery 1 oz Cheese Stick 8 oz Milk
6 8 oz Pork N Mushrooms 4 oz Parsley Potatoes 4 oz Brussels Sprouts 4 oz Mandarin Oranges 4 oz Pasta Salad 1 Biscuit 8 oz Milk	9 6 oz Chicken N Noodles 4 oz Mashed Potatoes 4 oz Beets 4 oz Mixed Fruit 1 Slice Bread w/ Margarine 8 oz Milk	10 2 oz Meatballs 4 oz Rotini 4 oz Veggie Blend 4 oz Pineapple 4 oz Juice 1 Roll w/ Margarine 8 oz Milk	11 2.5 oz Pepper Steak 4 oz Rice Pilaf 4 oz Corn 4 oz Warm Apples Crust 4 oz Bean Salad 1 Slice Bread w/ Margarine 8 oz Milk	12 6 oz Turkey Ala King 4 oz Mashed Potatoes 4 oz Carrots 4 oz Peaches 4 oz Macaroni Salad 1 Muffin w/ Margarine 8 oz Milk
15 2 oz Turkey Kielbasa 4 oz Beans 1 Cornbread 4 oz Carrots 4 oz Perfection Salad 4 Crackers 8 oz Milk	16 6 oz Beef Stew 4 oz Parsley Noodles 4 oz Lima Beans 4 oz Tropical Fruit 1 fresh Orange 2 oz PB on 1 Slice of Bread 8 oz Milk	17 3 oz Pork Chopette 4 oz Rissolo Potatoes 4 oz California Blend 4 oz Diced Pears 3 Graham Crackers 1 Slice of Bread 8 oz Milk	18 2 oz Sweet N Sour Chicken 4 oz Rice Pilaf 4 oz Broccoli 4 oz Pear 4 Graham Crackers 1 Muffin w/ Margarine 1 Orange 8 oz Milk	19 2.5 oz Baked Steak w/ Gravy 4 oz Dill Potatoes 4 oz Corn 4 oz Carrot Salad 1 Biscuit w/ Margarine 4 Crackers 8 oz milk
22 2 oz Cheese Ravioli w/ Meat sauce 4 oz Capri Blend 4 oz Peaches 4 oz Carrot Salad 1 Pc Garlic Bread 8 oz Milk	23 2 oz Sausage 4 oz Sauerkraut 4 oz Mashed Potatoes & Cheese Casserole 4 oz Applesauce 4 oz Trail Mix 1 Dinner Roll w/ Margarine 8 oz Milk	24 2 oz Cajun Pork Loin 4 oz Garlic Potatoes 4 oz Carrots 4 oz Waldorf Salad 2 Crackers 1 Slice Bread w/ Margarine 8 oz Milk	25 6 oz Tuna Casserole 4 oz Parsley Potatoes 4 oz mandarin Oranges 4 oz Wax Beans 4 Crackers 1 Muffin w/ Margarine 8 oz Milk	26 2 oz Herb Baked Chicken 4 oz Green Beans 4 oz Cheesy Potatoes 1 Slice Bread w/ Margin 3 Graham Crackers 4 oz Fruit Juice 8 oz Milk
29 2 oz Broccoli & Cheese Quiche 6 oz Dry Cereal 4 oz Spiced Apples 4 oz Fruit Juice 1 Orange 1 Muffin 8 oz Milk	30 6 oz Barley Soup 2 oz Shredded Beef 4 oz Ranch Potatoes 4 oz Tropical Fruit 4 Crackers 8 oz Milk	31 2.5 oz Salisbury Steak w/ Sauce 4 oz Parsley Noodles 4 oz Italian Veggie Blend 4oz Carrot Sticks 4 oz Pineapples 1 Slice Bread w/ Margarine 8 oz Milk		

Cold Meals can be purchased at a discounted rate for all T3 participants

Includes ~~Choice of~~ 2% Milk or Skim Milk and White Bread or Whole Wheat Bread

Menu is subject to change without notification

Meals Supply 1/3 of the Recommended Daily Allowance (RDA) for Older Adults

Title III meals: \$2.00 per meal suggested contribution for seniors 60 and over and registered with Tri-County CAC meal program

Guests that attend our congregate sites can receive a hot meal for \$4.00. Meal must be reserved 24 hours in advance

Meals are served with 1 tsp of margarine or other accompaniment.

Meals are funded in part by Tri County CAC & Area Agency on Aging, (PSA 2)





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Monday	Tuesday	Wednesday	Thursday	Friday
1 2 oz Boiled Eggs 4 oz Pickled Beets 4 oz Ambrosia Salad 3 Graham Crackers 4 oz Juice 1 Slice of Bread 8 oz Milk	2 2 oz Chicken Salad 4 oz Waldorf Salad 4 oz Carrot Salad 1 Croissant 4 oz Juice 8 oz Milk	3 2 oz Cran Meatloaf 4 oz Cole Slaw 4 oz Fruit Cup 4 oz Juice 2 Slices Bread 8 oz Milk	4 6 oz Veggie Soup 2 oz Sliced Beef 4 oz Peaches 4 Crackers 4 oz Pasta Salad 4 oz Juice 8 oz Milk	5 2 oz Meat/Beans In a WW Tortilla 4 oz Diced Pears 4 oz Celery 4 oz Juice 1 Biscuit 8 oz Juice
8 2 oz Curried Chicken 4 oz Apple Raisin Salad 4 oz Veggie 4 oz Pineapples 1 Biscuit 3 Graham Crackers 4 oz Juice 8 oz Milk	9 2 oz Pork N Mushrooms 4 oz Tapioca 4 oz Mandarin Oranges 4 oz Three bean Salad 1 Bagel 4 oz Juice 8 oz Milk	10 6 oz Chicken N Noodles 4 oz Peaches 4 oz Potato Salad 4 Crackers 4 oz Juice 8 oz Milk	11 2 oz Meatballs 4 oz Broccoli 4 oz Pears 1 Sub Bun 4 oz Juice 8 oz Milk	12 2 oz Turkey on ½ Sandwich Bun 4 oz Grapes 4 oz Tropical Fruit 4 oz Chex Mix 4 oz Juice 8 oz Milk
15 6 oz Turkey Ala King 4 oz Celery 4 oz Tropical Fruit 4 oz Rice Pudding 1 Biscuit 4 oz Juice 8 oz Milk	16 2 oz Egg Salad 4 oz Broccoli Cuts 4 oz Tropical Fruit 1 Bagel 4 oz Juice 8 oz Milk	17 6 oz Beef Stew 4 oz Applesauce Jell-O 4 oz Ranch Potatoes 4 Crackers 1 Biscuit 4 oz Juice 8 oz Milk	18 3 oz Pro Chopette 4 oz Sauerkraut Salad 4 oz Peaches 1 Sandwich Bun 4 oz Juice 8 oz Milk	19 2 oz Marinated Chicken 4 oz Grapes 4 oz Pasta Salad 4 oz Three Bean Salad 4 Crackers 4 oz Juice 8 oz Milk
22 2 oz Baked Steak 4 oz Cajun Ranch Potatoes 4 oz Mandarin Oranges 1 Dinner Roll 5 Vanilla Wafers 4 oz Juice 8 oz Milk	23 2 oz Egg Salad 4 oz Broccoli Cuts 4 oz Tropical Fruit 1 Bagel 4 oz Juice 8 oz Milk	24 1 Soft Taco 2 oz Chicken on 6" Tortilla 4 oz Refried Beans 4 oz Pears 3 Graham Crackers 4 oz Juice 8 oz Milk	25 2 oz BBQ Chicken 4 oz Macaroni Salad 4 oz Sliced Apples 4 oz Celery Sticks 3 Graham Crackers 4 oz Juice 8 oz Milk	26 2 oz Tuna Salad 4 oz Bean Salad 4 oz Carrots 1 Croissant 4 oz Juice 8 oz Milk
29 2 oz Chicken Patty 4 oz Cottage Cheese Pineapple Jell-O 4 oz Apples 4 Crackers 1 Slice of Bread 4 oz Juice 8 oz Milk	30 2 oz Roast Beef On Sandwich Bun 4 oz Pea Salad 4 oz Diced Pears 4 oz Juice 8 oz Milk	31 2 oz BBQ Beef 4 oz Bread Pudding 4 oz Applesauce 4 oz Broccoli 1 Bun 4 oz Juice 8 oz Milk	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Cold Meals can be purchased at a discounted rate for all T3 participants</p> </div>	

Menu includes choice of 2% milk or skim milk and white bread or whole wheat bread

Menu subject to change without notification

Meals supply 1/3 of the Recommended Daily Allowance (RDA) for older adults

Meals are served with 1 tbsp of salad dressing or other accompaniment

Meals are funded in part by Tri County CAC

