## **NOVEMBER 2010**

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

## NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN CACCIATORE MASHED POTATOES BROCCOLI DINNER ROLL JELLO MILK	2 BBQ BEEF NORTHERN BEANS DICED CARROTS WHITE BREAD PUDDING CUP MILK	3 CRISPY OVEN FRIED CHICKEN LEGS SCALLOPED POTATOES STRING BEANS WHEAT BREAD DICED PEARS MILK	4 PASTA MARINARA W/CRAB CAKES GREEN BEANS CORN DINNER ROLL FRESH ORANGE MILK	5 SCRAMBLED EGGS SAUSAGE LINK HASH BROWN POTATOES SPICED PEACHES CINNAMON RAISIN BREAD MILK
8 MESQUITE SMOKED CHICKEN BREAST W/BBQ SAUCE BROCCOLI CUTS BAKED POTATO W/SOUR CREAM & BUTTER CUP WHEAT BREAD PINEAPPLE MILK	9 JAMAICAN ROAST PORK LOIN ONION & FRUIT CHUTNEY COOKED CABBAGE 8 WAY VEG BLEND RAISINS WHEAT BREAD MILK	10 OAT BRAN BREADED CHIX NUGGETS W GRAVY ORIENTAL VEG BLEND CORN EGG NOODLES COOKIE MILK	11 SLOW ROASTED BEEF W/BROWN SAUCE MASHED POTATOES CALIFORNIA BLEND VEG PEAR CRISP MILK	12 BAKED HADDOCK W/BLUE CHEESE CRUST PENNE W/GARDEN VEGETABLE ALFREDO CAULIFLOWER GRAHAM CRACKERS MILK
TECHNOLOGY TUNA NOODLE CASSEROLE PEAS STEWED TOMATOES WHEAT ROLL JELLO MILK	16 TURKEY BURGER SUCCOTASH CAULIFLOWER HAMBURGER BUN COOKIE MILK	17 CHICKEN W/MOLE SAUCE VEGETABLE BLEND SPINACH MULTI GRAIN ROLL FRUIT CRISP MILK	18 INDIANA STYLE CHILI MAC MAPLE SWEET POTATOES APPLESAUCE (HOT) CORN BREAD COOKIE MILK	19 SPAGHETTI W/MEAT BALLS PARMESAN CHEESE PEAS CAULIFLOWER DINNER ROLL TROPICAL FRUIT SALAD MILK
22 HAMBURGER MACARONI & CHEESE SUCCOTASH WHOLE WHEAT HAMBURGER BUN DICED PEARS MILK	23 LEMON PEPPER CHICKEN ASPARAGUS ROASTED POTATOES MULTI GRAIN BREAD BREAD PUDDING MILK	24 SMOKED SAUSAGE W/PEPPERS & ONIONS PEAS MASHED POTATOES FRESH ORANGE WHEAT BREAD MILK	25 SLICED TURKEY W/GRAVY CRANBERRY SAUCE WHIPPED SWEET POTATOES BROCCOLI WHEAT BREAD PUMPKIN PIE MILK OFFICE & SITES CLOSED	26 SCRAMBLED EGGS WHOLE GRAIN PANCAKES SYRUP ROASTED RED SKIN POTATOES MIXED FRUIT CUP MILK OFFICE & SITES CLOSED
29 SLICED TURKEY W/SOUTHWEST PASTA PEAS CREAMED CORN PUDDING RYE BREAD MILK	30 CHIC FRIED STEAK COUNTRY GRAVY SPINACH SCALLOPED POTATOES RAISINS MILK			

<sup>\*\*</sup>ALL MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE \*\*

**NOVEMBER 2010** 

## **NUTRITION PROGRAM**

Monday	<del>5 5</del>				
CAL = 590	Monday	Tuesday	Wednesday	Thursday	Friday
FAT = 12 G	1	2		4	5
SODIUM = 613 MG	CAL = 590	CAL = 617	CAL = 866	CAL = 747	CAL = 636
FIBER = 10 G	FAT = 12 G	FAT = 17 G	FAT = 22 G	FAT = 17 G	FAT = 24 G
CARBS = 75 G	SODIUM = 613 MG	SODIUM = 679 MG	SODIUM = 888 MG	SODIUM = 788 MG	<b>SODIUM = 1185 MG</b>
CALCIUM = 409.11 MG	FIBER = 7 G	FIBER = 10 G	FIBER = 10 G	FIBER = 13 G	FIBER = 4 G
8 9 10 10 11 12 12	CARBS = 75 G	CARBS = 82 G	CARBS = 131 G	CARBS = 124 G	CARBS = 73 G
CAL = 591 FAT = 20 G FAT = 17 G FAT = 22 G FAT = 20 G FAT = 17 G SODIUM = 946 MG SODIUM = 579 MG SODIUM = 955 MG SODIUM = 758 MG SODIUM = 758 MG SODIUM = 758 MG SODIUM = 982 MG FIBER = 6 G FIBER = 12 G FAT = 20 G FAT = 30 G FAT = 30 G FAT = 30 G FAT = 20 G FAT = 10 G FAT = 2	CALCIUM = 409.11 MG	CALCIUM = 418.26 MG	CALCIUM = 521.28 MG	<b>CALCIUM = 411.72 MG</b>	CALCIUM = 365.62 MG
FAT = 20 G FAT = 17 G FAT = 22 G FAT = 20 G FAT = 29 G SODIUM = 984 MG SODIUM = 579 MG SODIUM = 579 MG SODIUM = 579 MG SODIUM = 985 MG SODIUM = 758 MG SODIUM = 982 MG FIBER = 6 G FIBER = 12 G FIBER = 4 G FIBER = 7 G FIBER = 6 G CARBS = 106 G CALCIUM = 445.00 MG CALCIUM = 439.17 MG CALCIUM = 401.69 MG CALCIUM = 670.74 MG TIS	8	9	10	11	12
FAT = 20 G	CAL = 591	CAL = 699	CAL = 649	CAL = 652	CAL = 831
SODIUM = 946 MG	FAT = 20 G	FAT = 17 G	FAT = 22 G		
CARBS = 70 G CALCIUM = 445.00 MG CALCIUM = 445.00 MG CALCIUM = 445.00 MG CALCIUM = 439.17 MG CALCIUM = 401.69 MG CALCIUM = 670.74 MG 15 CAL = 609 CAL = 702 CAL = 690 CAL = 983 CAL = 983 CAL = 667 FAT = 11 G FAT = 29 G FAT = 14 G SODIUM = 1188 MG SODIUM = 927 MG SODIUM = 835 MG FIBER = 9 G FAT = 14 G SODIUM = 1062 MG SODIUM = 887 MG FIBER = 10 G FIBER = 10 G FIBER = 10 G CALCIUM = 442.41 MG CALCIUM = 442.41 MG CALCIUM = 445.01 MG CALCIUM = 447.62 MG CALCIUM = 488.88 MG CALCIUM = 409.52 MG CALCIUM = 409.52 MG FIBER = 7 G FAT = 24 G CARBS = 80 G CARBS = 75 G CARBS = 80 G CARBS = 80 G CARBS = 75 G CARBS = 80 G CARBS = 80 G CALCIUM = 488.24 MG CALCIUM = 422.32 MG CALCIUM = 422.32 MG CALCIUM = 488.07 MG CALCIUM = 458.24 MG CALCIUM = 458.24 MG CALCIUM = 422.32 MG FIBER = 16 G MEAL  CARBS = 90 G CALCIUM = 401.69 MG CALCIUM		SODIUM = 579 MG	SODIUM = 955 MG	SODIUM = 758 MG	SODIUM = 982 MG
CARBS = 70 G CALCIUM = 445.00 MG CALCIUM = 445.00 MG CALCIUM = 445.00 MG CALCIUM = 439.17 MG CALCIUM = 401.69 MG CALCIUM = 401.69 MG CALCIUM = 670.74 MG  15 CAL = 609 CAL = 702 CAL = 690 CAL = 983 CAL = 983 CAL = 667 FAT = 21 G FAT = 29 G FAT = 29 G FAT = 14 G SODIUM = 1188 MG SODIUM = 927 MG SODIUM = 835 MG FIBER = 6 G FIBER = 9 G FIBER = 9 G CARBS = 73 G CALCIUM = 447.62 MG CALCIUM = 488.88 MG CALCIUM = 409.52 MG CALCIUM = 409.52 MG FAT = 21 G CALCIUM = 409.52 MG CALCIUM = 981 MG FIBER = 7 G FAT = 24 G FAT = 29 G FAT = 29 G FAT = 20 G FAT = 20 G CARBS = 80 G CALCIUM = 447.62 MG CALCIUM = 488.88 MG CALCIUM = 409.52 MG CALCIUM = 442.41 MG C	FIBER = 6 G	FIBER = 12 G	FIBER = 4 G	FIBER = 7 G	FIBER = 6 G
CALCIUM = 374.14 MG  CALCIUM = 445.00 MG  CALCIUM = 445.00 MG  CALCIUM = 439.17 MG  CALCIUM = 401.69 MG  CALCIUM = 670.74 MG  15  16  17  18  CAL = 609  CAL = 702  CAL = 690  FAT = 11 G  FAT = 29 G  SODIUM = 927 MG  SODIUM = 835 MG  SODIUM = 1062 MG  SODIUM = 1062 MG  SODIUM = 887 MG  FIBER = 10 G  CARBS = 89 G  CARBS = 89 G  CARBS = 73 G  CALCIUM = 446.57 MG  CALCIUM = 437.62 MG  CALCIUM = 488.88 MG  CALCIUM = 490.52 MG  CALCIUM = 442.41 MG  22  CAL = 631  CAL = 631  CAL = 950  CAL = 950  CAL = 645  FAT = 18 G  SODIUM = 922 MG  SODIUM = 1161 MG  SODIUM = 9884 MG  SODIUM = 884 MG  SODIUM = 884 MG  SODIUM = 884 MG  SODIUM = 884 MG  SODIUM = 885 G  CARBS = 7 G  CARBS = 80 G  CARBS = 137 G  CARBS = 97 G  CALCIUM = 498.07 MG  CALCIUM = 426.60  CALCIUM = 458.24 MG  CALCIUM = 422.32 MG  MILK OFFERED WITH EACH MEAL	CARBS = 70 G	CARBS = 106 G	CARBS = 80 G		CARBS = 90 G
CAL = 609 CAL = 702 CAL = 690 CAL = 983 CAL = 667 FAT = 11 G FAT = 29 G SODIUM = 1188 MG SODIUM = 927 MG FIBER = 6 G CARBS = 89 G CALCIUM = 426.57 MG CALCIUM = 437.62 MG CALCIUM = 437.62 MG CALCIUM = 428.88 MG CALCIUM = 426.57	CALCIUM = 374.14 MG		<b>CALCIUM = 439.17 MG</b>	<b>CALCIUM = 401.69 MG</b>	<b>CALCIUM = 670.74 MG</b>
FAT = 11 G	15	16	17	18	19
SODIUM = 1188 MG	CAL = 609	CAL = 702	CAL = 690	CAL = 983	CAL = 667
FIBER = 6 G	FAT = 11 G	FAT = 29 G	FAT = 14 G	FAT = 36 G	FAT = 22 G
CARBS = 89 G	SODIUM = 1188 MG	SODIUM = 927 MG	SODIUM = 835 MG	SODIUM = 1062 MG	SODIUM = 887 MG
CARBS = 89 G CALCIUM = 426.57 MG CALCIUM = 437.62 MG CALCIUM = 437.62 MG CALCIUM = 488.88 MG CALCIUM = 409.52 MG CALCIUM = 442.41 MG  22 23 24 25 26 CAL = 775 CAL = 673 CAL = 631 CAL = 950 CAL = 950 CAL = 645 FAT = 18 G SODIUM = 922 MG SODIUM = 1161 MG SODIUM = 981 MG FIBER = 11 G FIBER = 7 G FIBER = 13 G CARBS = 80 G CARBS = 80 G CARBS = 80 G CARBS = 132 G CALCIUM = 442.41 MG  25 CAL = 645 FAT = 29 G FAT = 16 G SODIUM = 884 MG SODIUM = 884 MG SODIUM = 888 MG FIBER = 7 G FIBER = 7 G FIBER = 7 G FIBER = 6 G CARBS = 80 G CARBS = 137 G CARBS = 97 G CALCIUM = 498.07 MG CALCIUM = 526.42 MG CALCIUM = 458.24 MG CALCIUM = 422.32 MG  CALCIUM = 422.32 MG THE NUTRITIONAL INFORMATION CONTAINS TI SODIUM = 997 MG FIBER = 16 G MEAL	FIBER = 6 G	FIBER = 9 G	FIBER = 14 G	FIBER = 10 G	FIBER = 12 G
CALCIUM = 426.57 MG  CALCIUM = 437.62 MG  CALCIUM = 488.88 MG  CALCIUM = 409.52 MG  CALCIUM = 442.41 MG  22  23  24  25  CAL = 950  CAL = 645  FAT = 31 G  SODIUM = 922 MG  SODIUM = 1161 MG  FIBER = 7 G  CARBS = 85 G  CALCIUM = 498.07 MG  CALCIUM = 437.62 MG  SODIUM = 1286 MG  FIBER = 16 G  CALCIUM = 488.88 MG  CALCIUM = 488.88 MG  CALCIUM = 488.88 MG  CALCIUM = 409.52 MG  CALCIUM = 409.52 MG  CALCIUM = 409.52 MG  CALCIUM = 409.52 MG  CALCIUM = 495.07 MG  CALCIUM = 488.88 MG  CALCIUM = 950  FAT = 29 G  FAT = 16 G  SODIUM = 884 MG  SODIUM = 884 MG  FIBER = 7 G  FIBER = 7 G  FIBER = 7 G  CARBS = 80 G  CARBS = 137 G  CALCIUM = 422.32 MG  CALCIUM = 422.32 MG  THE NUTRITIONAL  INFORMATION CONTAINS TI  SODIUM = 997 MG  FIBER = 16 G  MEAL		CARBS = 73 G	CARBS = 106 G	CARBS = 132 G	CARBS = 86 G
CAL = 775			I		
CAL = 775	22	23	24	25	26
FAT = 31 G					
SODIUM = 922 MG         SODIUM = 1161 MG         SODIUM = 981 MG         SODIUM = 884 MG         SODIUM = 838 MG           FIBER = 11 G         FIBER = 7 G         FIBER = 13 G         FIBER = 7 G         FIBER = 6 G           CARBS = 85 G         CARBS = 75 G         CARBS = 80 G         CARBS = 137 G         CARBS = 97 G           CALCIUM = 498.07 MG         CALCIUM = 526.42 MG         CALCIUM = 458.24 MG         CALCIUM = 422.32 MG         CALCIUM = 382.22 MG           29         30         THE NUTRITIONAL         INFORMATION CONTAINS TI           FAT = 18 G         FAT = 28 G         MILK OFFERED WITH EACH           FIBER = 9 G         FIBER = 16 G         MEAL					
FIBER = 11 G		SODIUM = 1161 MG			SODIUM = 838 MG
CARBS = 85 G					
29 30 CAL = 731 CAL = 927 FAT = 18 G FAT = 28 G INFORMATION CONTAINS TI SODIUM = 997 MG SODIUM = 1286 MG FIBER = 9 G FIBER = 16 G		CARBS = 75 G	CARBS = 80 G		l l
29 30 CAL = 731 CAL = 927 FAT = 18 G FAT = 28 G INFORMATION CONTAINS TI SODIUM = 997 MG SODIUM = 1286 MG FIBER = 9 G FIBER = 16 G	CALCIUM = 498.07 MG	CALCIUM = 526.42 MG	CALCIUM = 458,24 MG	<b>CALCIUM = 422.32 MG</b>	CALCIUM = 382,22 MG
CAL = 927       THE NUTRITIONAL         FAT = 18 G       INFORMATION CONTAINS TI         SODIUM = 997 MG       SODIUM = 1286 MG         FIBER = 9 G       MILK OFFERED WITH EACH         MEAL       MEAL					
FAT = 18 G FAT = 28 G INFORMATION CONTAINS TI SODIUM = 997 MG SODIUM = 1286 MG MILK OFFERED WITH EACH FIBER = 9 G MEAL					THE NUTRITIONAL
SODIUM = 997 MG SODIUM = 1286 MG FIBER = 9 G FIBER = 16 G MILK OFFERED WITH EACH					INFORMATION CONTAINS THE
FIBER = 9 G FIBER = 16 G MEAL		F			
CALCIUM = 400.75 MG					

**NUTRITIONAL ANALYSIS** 

GM = GRAMS CAL = CALORIES

MG = MILIGRAMS

CARBS = CARBOHYDRATES