




Please Call by 8:30 AM and leave a message for your reservation 641-454-2145

NOVEMBER 2018 CARB & CALORIE MENU

| MONDAY   | Carbs                      | TUESDAY  | Carbs                      | WEDNESDAY  | Carbs                      | THURSDAY   | Carbs                      | FRIDAY  | Carbs                      |
|--|----------------------------|--|----------------------------|--|----------------------------|--|----------------------------|---|----------------------------|
|  |                            | Each Meal Includes:  |                            |  |                            | 1 Calories - 758   |                            | 2 Calories - 762  |                            |
|   |                            | * 1/3 of the Required Daily Amounts (RDA) for persons age 70+<br>* Milk (1 carb choice)<br>* Condiments as appropriate<br>Sodium >800mg<br> |                            | Carbs are choices.<br>1 choice = approx 15 g carb<br>F = Free, equal to or less than 7 gms of carb |                            | Beef Stew<br>Coleslaw<br>Crunchy Cranberry Salad<br>WW Roll<br>Plums                       | 1<br>F<br>2<br>1<br>1      | Lasagna<br>Mixed Green Salad<br>Garlic Bread<br>Bananas & Oranges<br>Grape Juice                              | 2<br>F<br>1<br>1<br>1      |
|  | 5 Calories - 746           |  | 6 Calories - 675           | 7  |                            | 8 Calories - 689   |                            | 9 Calories - 757  |                            |
| Baked Chicken<br>Mashed Potatoes w/ Gravy<br>Cranberry Brussel Sprouts<br>Cinnamon Applesauce  | F<br>-<br>2<br>-<br>2<br>1 | Pork Loin<br>Baked Potato<br>Cooked Cabbage & Onions<br>Cook's Fruit Bar<br>Tomato Juice   | F<br>2<br>1<br>-<br>2<br>F | Taco Soup<br>Tortilla Chips<br>Lettuce Salad<br>Applesauce<br>Jello                                |                            | Chicken Rice Broccoli Casserole<br>Tossed Salad<br>Garlic Bread<br>Hot Fruit Compote<br>OJ | 2<br>-<br>F<br>1<br>2<br>1 | Beef Stroganoff & Noodles<br>Stewed Tomatoes<br>Broccoli Raisin Salad<br>Peach Crisp                          | 2<br>1<br>1<br>3           |
| 12 Calories - 814  |                            | 13 Calories - 683  |                            | 14 Calories - 600 or 625   |                            | 15 Calories - 718  |                            | 16 Calories - 603   |                            |
| Swedish Meatballs<br>Baked Potato w/ Sour Cream<br>Harvard Beets<br>Mixed Fruit  | 2<br>2<br>-<br>1<br>1      | Turkey Noodle Casserole<br>Garden Beans<br>Canberry Pear Crisp<br>WW Roll<br>Tomato Juice  | 2<br>F<br>3<br>1<br>F      | Liver & Onions or Beef Patty<br>Mashed Potatoes<br>Mixed Veggies<br>Oatmeal Raisin Bar<br>O.J.     | 1<br>2<br>1<br>F<br>2      | Scalloped Potatoes & Ham<br>Broccoli<br>Hot Fruit Compote<br>OJ                            | 2<br>-<br>F<br>2<br>1      | Crunchy Baked Fish<br>Tartar Sauce<br>Sweet Potato<br>Creamed Peas<br>Orange/Banana/Pineapple<br>Tomato Juice | 1<br>F<br>2<br>1<br>1<br>F |
| 19 Calories - 827  |                            | 20 Calories - 656  |                            | 21 Calories - 757 or 681   |                            | 22   |                            | 23  |                            |
|  Meat Loaf<br>Boiled Potatoes<br>Spinach Au Gratin<br>Strawberries<br>Angel Food Cake | 1<br>1<br>1<br>1<br>2      | Creamed Chicken over Biscuit<br>Brussel Sprouts<br>Pineapple<br>Tomato Juice   | 1<br>1<br>F<br>1<br>F      | Turkey Roast<br>Potatoes/Gravy<br>Peas & Carrots<br>Pumpkin Custard<br>Tomato Juice                | 1<br>F<br>1<br>1<br>2<br>1 | HAPPY THANKSGIVING!<br><br>Closed  |                            | COOK'S CHOICE<br><br>Closed   |                            |
| 26 Calories - 697  |                            | 27 Calories - 825  |                            | 28 Calories - 624  |                            | 29 Calories - 660  |                            | 30 Calories - 548   |                            |
| Hearty Veg Beef Soup<br>WW Roll with butter<br>Celery Sticks<br>Peaches<br>PNB Cookie  | 1<br>1<br>F<br>1<br>1      | Beef Patty<br>Baked Beans<br>Carrots<br>Dessert  | F<br>2<br>1<br>3<br>F      | Crunchy Baked Fish<br>Parsleyed Potatoes<br>Herbed Green Beans<br>Pineapple Crunch                 | 1<br>2<br>F<br>2           | Hot Roast Beef Sandwich<br>Broccoli<br>Bnanana Half<br>Vanilla Pudding                     | -<br>2<br>F<br>1<br>1      | Orange Glazed Chicken<br>Brown Rice<br>Tomatoes Florentine<br>Applesauce                                      | 1<br>1<br>F<br>1           |

Amy Barnes MS RDN LDN