

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**AGING & COMMUNITY SERVICES
OF SOUTH CENTRAL INDIANA
NUTRITION PROGRAM**

1-866-644-6407

DECATUR

BARTH., BROWN, JACKSON & JENNINGS COUNTIES

Menu is subject to change



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2009 Menu

Country Ham and Beans
Carrots
Brussels Sprouts
Corn Bread
Strawberry Cheesecake
Milk



3

Turkey Burger
Succotash
Wild Rice Pilaf
Hamburger Bun
Apple Crisp
Milk



4

Oven Fried Chicken
Baked Beans
Roasted Potatoes
Wheat Bread
Diced Pears
Milk



5

Beef and Noodles
Mashed Potatoes
Broccoli
Wheat Bread
Pudding Cup
Milk



6

Scrambled Eggs
Pancakes w/ syrup
Hash Brown Potatoes
Scalloped Peaches
Milk



7

Mesquite Smoked Chix Breast
BBQ Sauce
Broccoli
Baked Potato w/Sour Cream and
Margarine
Wheat Bread
Pudding
Milk



10

Hoosier Breaded Pork Loin
Gravy
Whipped Sweet Potatoes
Lima Beans
Wheat Bread
Fresh Apple
Milk



11

Pasta Alfredo w/ Crab Cakes
Peas and Carrots
Cinnamon Applesauce
Apricots
Milk



12

Slow Roasted Beef with
Brown Sauce
Mashed Potatoes
Pear and Cranberry Crisp
California Blend
Wheat Bread
Milk



13

Cheesy Tuna Casserole
Green Beans
Corn
Dinner Roll
Diced Pineapple
Milk



14

Veal Parmesan
Key West Vegetables
Baked Potato
Wheat Bread
Stewed Apple w/ Cherries and
Almonds
Milk



17

Beef Stew
Corn
Turnip Greens
Whole Wheat Bread
Fig Newton
Milk



18

Roast Pork Loin w/Tropical
Fruit Sauce
Carrots
Cooked Cabbage
Wheat Bread
Raisins
Milk



19

Hamburger
Roasted Redskin Potatoes
Succotash
Whole Wheat Bun
Oatmeal Cookie
Milk



20

Chicken Pot Pie
Italian Green Beans
Cauliflower
Wheat Bread
Diced Peaches
Milk



21

Indiana Chili Mac
Carrots
Apples and Raisins
Corn Bread
Fruit & Grain Bar
Milk



24

Lemon Pepper Chicken
Black Eyed Peas
Spinach
Wheat Bread
Chocolate Pudding
Milk



25

Smoked Sausage with
Peppers and Onions
Brussels Sprouts
Mashed Potatoes
Wheat Bread
Fresh Orange
Milk



26

Ham-Potato Chowder
Peas
Diced Carrots
Dinner Roll
Applesauce
Milk



27

Spaghetti w/ Meat Balls
Italian Green Beans
Cauliflower
Dinner Roll
Pineapple
Milk



28

Chicken Nuggets
Egg Noodles w/ Gravy
Oriental Veggie Blend
Corn
Whole Wheat Bread
Diced Pears
Milk



31

