

AGING RESOURCES OF CENTRAL IOWA		Meal Pattern Includes:		November-09	
5835 Grand Avenue, Suite 106 Des Moines, Iowa 50312-1437 515 - 255-1310		Stephanie Labenz, Registered Licensed Dietitian		<b>ALL MEALS INCLUDE:</b> 1/2 Cup Fruit 3 oz cooked edible meat/alternate 1-Serving WW Bread/Frt Marg 2- 1/2 Cups Vegetables 8 oz Milk 1- 1/2 Cup Fruit Coffee	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 <b>COOK'S</b>  <b>CHOICE</b>	3 Roast Turkey Sweet Potatoes Spinach Chilled Diced Peaches Wheat Bread/Marg Fruit Cocktail Cake w/top Milk/Coffee	4 Oven Fried Chicken Whipped Potato w/Gravy Stewed Tomatoes Chilled Apricot Halves Wheat Bread/Marg Brownie Milk/Coffee	5 California Burger on Bun Lettuce/Onion/Tom Garnish Potato Wedges Carrot Coins Chilled Applesauce Peanut Butter Cookie Milk/Coffee	6 Swiss Steak Baked Potato w/Sr Cream Green Beans Chilled Peach Slices Wheat Bread/Marg Cherry Cobbler Milk/Coffee	
9 Beef Stroganoff over Whipped Potatoes Harvard Beets Chilled Pineapple Chunks Wheat Bread/Marg Gingerbread w/Topping Milk/Coffee	10 Tuna Noodle Casserole Whipped Potatoes/Marg Broccoli Chilled Peach Slices Wheat Bread/Marg Cherry Cobbler Milk/Coffee	11 Closed	12 Oven Fried Chicken Whipped Potato w/Gravy Sliced Carrots Chilled Pear Halves Wheat Bread/Marg Cinnamon Apple Slices Milk/Coffee	13 Sliced Ham Escalloped Potatoes Cooked Tomatoes Peaches in Gelatin Wheat Bread/Marg Strawberry Angle Cake Milk/Coffee	
16 <b>COOK'S</b>  <b>CHOICE</b>	17 Liver & Onions Escalloped Potato Sliced Carrots Chilled Pear Halves Wheat Bread/Marg Apple Crisp Dessert Milk/Coffee	18 Oven Fried Chicken Whipped Potato w/Gravy Broccoli Chilled Fruit Cocktail Wheat Bread/Marg Pineapple Dessert Milk/Coffee	19 Roast Turkey/Bread Dressing Sweet Potato Green Beans Pears in Lime Gelatin Wheat Bread/Marg Apple Bottom Dessert Milk/Coffee <b>THANKSGIVING DAY</b>	20 Seasoned Pork Chop Whipped Potato w/Gravy Spinach Applesauce Gelatin Wheat Bread/Marg Pineapple Cherry Crisp Milk/Coffee	
23 Goulash Diced Beets Broccoli Chilled Applesauce Wheat Bread/Marg Chilled Apricot Halves Milk/Coffee	24 Salisbury Steak Whipped Potatoes w/Gravy Green Beans Chilled Peach Slices Wheat Bread/Marg Stewed Apples Milk/Coffee	25 Sloppy Joe on Bun Potato Wedges Sliced Carrots Pears in Gelatin Cherry Crisp Milk/Coffee	26 THANKSGIVING  DAY  HOLIDAY	27 Closed	
30 <b>COOK'S</b>  <b>CHOICE</b>					