



10/31/2022

11/1/2022

11/2/2022

11/3/2022

11/4/2022

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Beef Stroganoff/Rice	Southern Fried Fish/Fried Shrimp	Fried Chicken
Entrée	Smothered Pok Chop	Meatloaf	Hot Dogs/Chili	Chicken Tetrazzini	Spaghetti & Meatsauce
Entrée	Spicy Cajun Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
Side/Vegetable	Cabbage	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
Side/Vegetable	Mac & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
Side/Vegetable	Black-Eyed Peas	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/ Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Tuna Salad		Tuna Salad		Tuna Salad
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert					
Dessert					

Dietician
Signature: _____



11/7/2022

11/8/2022

11/9/2022

11/10/2022

11/11/2022

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Shepherd's Pie	Southern Fried Fish/Fried Shrimp	Fried Chicken
Entrée	Baked Swiss Steak	Roast Beef	BBQ Pork	Chicken Cacciatore/Rice	Spaghetti & Meatballs
Entrée	Blackened Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Green Lima Beans
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/ Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads	Tuna Salad		Tuna Salad		Tuna Salad
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert					
Dessert					

Dietician
Signature: _____



11/14/2022

11/15/2022

11/16/2022

11/17/2022

11/18/2022

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Chicken Liver/Onion	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Beef Stroganoff/Rice	Southern Fried Fish/Fried Shrimp	Fried Chicken
Entrée	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Chicken Tetrazzini	Spaghetti & Meatsauce
Entrée	Spicy Cajun Shrimp/Rice	Turkey & Dressing	Baked Chicken	Turkey & Dressing	Baked Fish
Side/Vegetable	Cabbage	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
Side/Vegetable	Mac & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
Side/Vegetable	Black-Eyed Peas	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/ Side	Turnip Greens	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/ Fruit/Dessert	Apple	Orange	Apple	Orange	Apple
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad	Fresh Fruit Salad
Side/Salads					
Bread	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Corn Stick
Hot Dessert	Cobbler	Cobbler	Cobbler	Cobbler	Cobbler
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake	Chocolate Cake	Yellow Cake
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake
Dessert					
Dessert					

Dietician
Signature: _____



11/21/2022

11/22/2022

11/23/2022

11/24/2022

11/25/2022



	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Chicken Liver/Onions		
Entrée	Chicken Tenders	BBQ Wings	Chuck Wagon Stew/Rice		
Entrée	Baked Swiss Steak	Roast Beef	BBQ Pork		
Entrée	Blackened Shrimp/Rice	Turkey & Dressing	Baked Chicken		
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing		
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans		
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes		
Healthy Choice / Side	Turnip Greens	Broccoli	Spinach		
Healthy Choice / Side	Corn	Carrots	Beets		
Healthy Choice / Fruit/Dessert	Apple	Orange	Apple		
Side/Salads	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad		
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit		
Side/Salads					
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick		
Hot Dessert	Cobbler	Cobbler	Cobbler		
Dessert	Yellow Cake	Chocolate Cake	Yellow Cake		
Dessert	Red Velvet Cake	Italian Cream Cake	Red Velvet Cake		
Dessert					
Dessert					

Dietician
Signature:

Chandra B. Carter, R.D.M., L.D.

[Empty box]



Healthy Choice / Entrée					
Entrée					
Entrée					
Entrée					
Side/Vegetable					
Side/Vegetable					
Healthy Choice/ Side					
Healthy Choice/ Side					
Healthy Choice/ Fruit/Dessert					
Side/Salads					
Side/Salads					
Side/Salads					
Healthy Choice/ Bread					
Bread					
Hot Dessert					
Dessert					
Dessert					
Dessert					
Dessert					

I certify that the above menu, meets 20%, plus or minus, the monthly nutrient targets, for American males and females, 51+ yrs, based on the Dietary Guidelines 2021-2025.

Dietician Signature:

X
Chandra Carty