



11/6/2023

11/7/2023

11/8/2023

11/9/2023

11/10/2023

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Baked CHICKEN	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chef Salad	BBQ Wings	Baked Swiss Steak	Southern Fried Fish	Fried Chicken
Entrée	Spicy Cajun Chicken	Meat Loaf	Hot Dogs/Chili	Chicken Tetrazzini	Spaghetti & Meatsauce
Entrée	Beef Liver	Turkey & Dressing	Baked Chicken	Spicy Cajun Shrimp	Baked Fish
Side/Vegetable	Blackeye Peas	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
Side/Vegetable	Macaroni & Cheese	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
Side/Vegetable	Cauliflower	Fried Squash	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Healthy Choice/ Side	Red Cabbage	Broccoli	Spinach	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Asparagus	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	Cucumber Salad	Egg Salad	Tuna Salad	Chicken Salad	Tuna Salad
Bread	Sof Roll/Corn Stick	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	Sweet Potato Pie	Buttermilk Cheese	Lemon Meringue	Apple	Pecan
Soup					

Dietician Signature: *Chandra B. Cook, R.D.M., L.D.*



11/13/2023

11/14/2023

11/15/2023

11/16/2023

11/17/2023

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Shepherd's Pie	Southern Fried Fish	Fried Chicken
Entrée	Baked Swiss Steak	Roast Beef	BBQ Pork	Chicken Cacciatore/Rice	Spaghetti & Meatballs
Entrée	Blackened Shrimp/Rice	Turkey & Dressing	Baked Chicken	Smothered Pork Chop	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	Chicken Salad	Egg Salad	Tuna Salad	Cobb 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	Pecan Pie	Chocolate Crème Pie	Sweet Potato Pie	Egg Custard	Sweet Potato Pie
Soup					

Dietician Signature: *Chandra B. Carter, R.D.M., L.D.*



11/20/2023

11/21/2023

11/22/2023

11/23/2023

11/24/2023

Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Choice / Entrée	Beef liver & Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Baked Swiss Steak	Southern Fried Fish	Fried Chicken
Entrée	Smothered Pork Chop	Meat Loaf	Hot Dogs/Chili	Chicken Tetrzzini	Spaghetti & Meatsauce
Entrée	Blackened Shrimp & Rice	Turkey & Dressing	Baked Chicken	Beef Stew / rICE	Baked Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
Side/Vegetable	Black-Eyed Peas	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
Side/Vegetable	Cabbage	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	Banana	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	Sweet Potao Pie	Pumpkin Pie	Pecan Pie	Banana Crème Pie	Chocolate Crème Pie
Soup					

Dietician
Signature:

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



11/27/2023

11/28/2023

11/29/2023

11/30/2023

12/1/2023



	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Choice / Entrée	Beef Liver/Onions	Baked Fish	Grilled Pork Loin	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Shepherd's Pie	Southern Fried Fish	Fried Chicken
Entrée	Baked Swiss Steak	Roast Beef	BBQ Pork	Chicken Cacciatore/Rice	Spaghetti & Meatballs
Entrée	Blackened Shrimp/Rice	CHINESE Pepper Steak	Baked Chicken	Turkey & Dressing	Baked Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Twice Baked Potato	Broccoli & Rice
Side/Vegetable	Black-Eyed Peas	Fried Okra	Green Beans	Cabbage	Carrot Souffle
Side/Vegetable	Cabbage	Yellow Rice	Sweet Potatoes	Pinto Beans	Lima Beans
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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Side/Salads					
Bread	Soft Roll/Corn Stick	Soft Roll/Cornstick	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick
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	Red Velvet Cake
Dessert					
Soup					

Dietician Signature: *Chandra B. Coats, R.D.N., L.D.*

I certify, that the above menus, meet the 20%+ nutrient targets for American males and females, 51+ years, based on Dietary Guidelines 2021-2015.

Dietician Signature:

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

Date: 11/1/ 2023



	12/2/2023 Monday	12/3/2023 Tuesday	12/4/2023 Wednesday	12/5/2023 Thursday	12/6/2023 Friday
Healthy Choice / Entrée	Beef Liver & Onions	Baked Fish	Chicken Liver/Onions	Chopped Beef/Onions	Grilled Pork Loin
Entrée	Chicken Tenders	BBQ Wings	Chuck Wagon Stew/Rice	Southern Fried Fish	Fried Chicken
Entrée	Smothered Pork Chops	Meatloaf	Hot Dogs/Chili	Chicken Tetrzzini	Spaghetti & Meatsauce
Entrée	Spicy Cajun Shrimp/Rice	Chickken Pot Pie	Baked Chicken	Turkey & Dressing	Baked Fish
Side/Vegetable	Mac & Cheese	Mashed Potatoes	Cornbread Dressing	Baked Potato	Carrot Souffle
	Black_Eyed Peas	Yellow Rice	Sweet Potatoes	Pinto Beans	Broccoli & Rice
Side/Vegetable	Cabbage	Buttered Okra	Green Beans	Cabbage	Large Lima Beans
Healthy Choice/ Side	Turnip Greens	Broccoli	Corn	Collard Greens	Mixed Vegetables
Healthy Choice/ Side	Corn	Carrots	Beets	Peas & Carrots	Corn
Healthy Choice/ Fruit/Dessert	Apple	Banana	Orange	Apple	Orange
Side/Salads	Tossed Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad	Tossed Spring Salad
Side/Salads	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit Salad
Side/Salads					
Healthy Choice/ Bread					
Bread	Soft Roll/Corn Stick	Soft Roll/Corn Stick	Soft Roll/Cornstick	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					
Soup					

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:

Chandra B. Coats, R.D.N., L.D.

Date:

11/1/2023