



Week 1

June

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---------------------------|----------------------|----------------------|-------------------------|------------------------|
| Healthy Choice / Entrée | Baked Chicken | Baked Fish | Grilled Pork Loin | Baked Fish | Grilled Chicken Breast |
| Entrée | Smothered Pork chop | Meat Loaf | Baked Swiss Steak | Fried Chicken | Fried Fish |
| Entrée | Chicken Tenders | Spicy Cajun Chicken | Hot Dogs/Chili | Spaghetti Baked Italian | Hamburgers |
| Entrée | Beef Liver | Turkey & Dressing | Baked Chicken | Chicken Tenders | Baked Chicken |
| Side/Vegetable | Rutabagas | Mashed Potatoes | Polynesia Rice | Baked Sweet Potato | Steam Corn |
| Side/Vegetable | Broccoli & Rice Casserole | Whole Okra | Green Beans | Cabbage | Seasoning Spinach |
| Side/Vegetable | Grilled Squash/Zucchini | Navy Beans | Candied Yams | Blackeye Peas | Macaroni & Cheese |
| Healthy Choice/ Side | Steamed Cabbage | Broccoli | Spinach | Collard Greens | Vegetable & Medley |
| Healthy Choice/ Side | Broccoli | Carrots | Beets | Seasoning Carrots | Pinto Beans |
| Healthy Choice/ Fruit/Dessert | Apple | Orange | Apple | Orange | Apple |
| Side/Salads | Tossed Spring Salad | Tossed Spring Salad | Tossed Spring Salad | Tossed Spring Salad | Cucumber Salad |
| Side/Salads | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |
| Side/Salads | Carrot Raisin Salad | Neptune Salad | Cobb Salad | Carrot Raisin Salad | Chicken 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 | Sweet Potato Pie | Apple | Lemon Meringue |
| Soup | | | | | |

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



Week 2

June

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|----------------------|------------------------|------------------------|---------------------------|---------------------------------------|
| Healthy Choice / Entrée | Beef Liver/Onions | Baked Fish | Grilled Chicken Breast | Lemon Pepper Baked Fish | Grilled Pork Loin |
| Entrée | Chicken Tenders | Teriyaki Chicken Wings | Chicken Pot Pie | Fried Chicken | Fried Fish |
| Entrée | Baked Swiss Steak | Roast Beef | Chopped Beef/Onions | Chicken Wings | Meatballs & Brown gravy & Onion Sauce |
| Entrée | Chuckwagon Stew | Smothered Pork Chop | Baked Chicken | Meat Loaf w Spanish Sauce | Fried Fish |
| Side/Vegetable | Mac & Cheese | Mashed Potatoes | Cornbread Dressing | Twice Baked Potato | Carrot Souffle |
| Side/Vegetable | Black-Eyed Peas | Whole Okra | Green Beans | Steamed Broccoli | Breaded Okra |
| Side/Vegetable | Cabbage | Yellow Rice | Sweet Potatoes | Pinto Beans | Broccoli & Rice |
| Healthy Choice/ Side | Collard Greens | Broccoli | Spinach | Turnip 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 | Cucumber Salad | Tossed Spring Salad | Cesar Salad |
| Side/Salads | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad | Fresh Fruit Salad |
| Side/Salads | Cucumber Salad | Carrot Raisin Salad | Neptune Salad | Chef Salad | Neptune 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 | Pineapple Upside 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 | Strawberry Short Cake | Sweet Potato Pie |
| Soup | | | | | |

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



Week 3

June

| | 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 | Chicken Nuggets | Fried Chicken | Fried Fish |
| Entrée | Smothered Pork Chop | Meat Loaf | Hot Dogs/Chili | Spicy Cajun Shrimp Over Rice | Meatloaf with Spanish Sauce |
| Entrée | Turkey & Dressing | Chicken & Dumpling | Baked Chicken | Beef Stew / Rice | Baked Fish |
| Side/Vegetable | Candied Yams | Mashed Potatoes | Fried Okra | Baked Potato | Carrot Souffle |
| Side/Vegetable | Dry Lima Beans | Green Peas | Green Beans | Cabbage | Frozen Lima Beans |
| Side/Vegetable | Cabbage | Fried Squash | Baked Potato | Pinto Beans | Broccoli & Rice |
| Healthy Choice/ Side | Turnip Greens | Broccoli | Spinach | Collard Greens | Mixed Vegetables |
| Healthy Choice/ Side | Corn | Peas & Carrots | Beets | Season Carrots | Corn on the cob |
| 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 | Neptune Salad | Chef Salad | Broccoli Mandeline | Pasta Salad | Chocolate/Vanilla Pudding |
| 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 | Apple Pie | Pecan Pie | Coconut Cream Pie | Chocolate Crème Pie |
| Soup | | | | | |

Dietician
Signature:

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



Week 4

June



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|-----------------------|-------------------------|----------------------|-------------------------|------------------------------------|
| Healthy Choice / Entrée | Beef Liver/Onions | Baked Fish | Grilled Pork Loin | Baked Fish | Grilled Chicken Breast |
| Entrée | Chicken Tenders | BBQ Wings | Chicken Tenders | Fried Chicken | Southern Fried Fish |
| Entrée | Baked Swiss Steak | Meat Loaf w Brown Gravy | Hot Dogs | Italian Spaghetti Baked | Chopped Steaks with Gravy & Onions |
| Entrée | Blackened Shrimp/Rice | CHINESE Pepper Steak | Baked Chicken | Turkey & Dressing | Fried Fish w/ Hushpuppies |
| Side/Vegetable | Mac & Cheese | Mashed Potatoes | Carrot Souffle | 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 | Yellow Rice |
| Healthy Choice/ Side | Turnip Greens | Broccoli | Spinach | Collard Greens | Mixed Vegetables |
| Healthy Choice/ Side | Corn | Carrots | Beets | Peas & Carrots | Broccoli |
| 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 | Cucumber | Broccoli Mandeline | Carrot Salad | Beets | Pudding |
| 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 | Strawberry Cake | Chocolate Cake | Strawberry Cake | Chocolate Cake | Yellow Cake |
| Dessert | Red Velvet Cake | Italian Cream Cake | Red Velvet | Italian Cream | Cheesecake |
| Dessert | | | | | |
| Soup | | | | | |

Dietician
Signature:

Chandra B. Cortez, R.D.M., 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. Cortez, R.D.N., L.D.

Week 5

June



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------|----------------------------|-----------------------------|---------------------|-------------------------|----------------------|
| Healthy Choice / Entrée | Beef Liver & Onions | Grilled Chicken Breast | Baked Fish | Chopped Beef/Onions | Grilled Pork Chop |
| Entrée | Chicken Tenders | BBQ Wings | Baked Chicken | Fried Chicken | Southern Fried Fish |
| Entrée | Smothered Pork Chops | Meatloaf with Spanish Sauce | Chopped Steaks | Italian Spaghetti Baked | Chicken |
| Entrée | Red Bean, Rice and Sausage | Chicken Tetrzzini | Baked Chicken | Turkey & Dressing | Baked Chicken |
| Side/Vegetable | Mac & Cheese | Mashed Potatoes | Fried Squash | Polynesia Rice | Candied Yams |
| | Black_Eyed Peas | Yellow Rice | Sweet Potatoes | Pinto Beans | Broccoli & Rice |
| Side/Vegetable | Cabbage | Buttered Okra | Green Beans | Cabbage | Collar Greens |
| Healthy Choice/ Side | Turnip Greens | Broccoli | Corn | Collard Greens | Mixed Vegetables |
| Healthy Choice/ Side | Corn | Carrots | Beets | Peas & Carrots | Buttered Okra |
| 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 | Cucumber | Carrot Raisin | Neptune | Broccoli Madeline | Cucumber |
| 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 | Lemon Iced Box Pie | Italian Cream Cake | Sweet Potato Pie |
| 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. Cortez, R.D.N., L.D.

Date: 05/20/2025

