

Menu Descriptions-Menu Cycle July 1, 2021- September 30, 2021

|  AREA AGENCY ON AGING NUTRITION PROGRAM | | In an effort to improve customer satisfaction, we are excited to provide you with meal descriptions. These meals are offered from July through September. It is our hope this information will be helpful and NO RESPONSE IS NEEDED. | | |
|--|---|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Baked Chicken w/ Gravy- Juicy chicken breast served with chicken gravy. Ingredients: chicken breast, chicken gravy | Creole Beef Steak- Delicious beef patty served with a Louisiana-style Creole sauce. Ingredients: beef patty, brown gravy, tomato paste, onions, green peppers, celery, garlic powder | Turkey Rice Casserole- Turkey and rice casserole with gravy. Ingredients: chicken gravy mix, red peppers, celery, onions, mushrooms, diced turkey, garlic, white rice, cheddar cheese | Chicken Parmesan- Chicken patty smothered in marinara sauce and cheese. Ingredients: breaded chicken patty, tomato sauce, diced tomatoes, parmesan & mozzarella cheese | Roast Beef w/ Gravy- Tender roast beef served with gravy. Ingredients: Sliced Roast Beef, brown gravy mix |
| Marinara Turkey Meatballs- Flavorful turkey meatballs topped with a tomato marinara sauce. Ingredients: turkey meatballs, marinara sauce, diced tomatoes | Hamburger Patty- Flame-broiled beef hamburger patty served with a whole grain bun. | Oven Fried Chicken- Chicken topped with cornflakes and baked until crispy. Ingredients: chicken leg quarter, cornflakes, garlic & onion powder, pepper, paprika, poultry seasoning | Sloppy Joe- Ground beef cooked in tomato sauce. Ingredients: ground beef, tomatoes, onions, green peppers, Worcestershire sauce, taco seasoning, garlic & chili powder, basil leaves | Potato Crusted Fish- Pollock filet breaded and baked until golden brown. Ingredients: potato crusted pollock fish |
| Pesto Chicken- Our tender chicken breast topped with a delicious basil pesto sauce. Ingredients: chicken breast, olive oil, lemon juice, parsley, garlic, basil | Loaded Potato Casserole- Cheesy turkey ham casserole. Ingredients: turkey ham, mashed potatoes, onions, green peppers, hash browns, cheddar cheese, sour cream, chives | Beef Jardine- A flame-broiled beef patty served with a savory brown gravy. Ingredients: beef patty, onions, green peppers, carrots, peas, brown gravy mix | Egg Salad- A refreshing and creamy egg salad. Ingredients: celery, hardboiled eggs, sweet pickle relish, mayonnaise, mustard, onions, red peppers | Sesame Mustard Chicken- Chicken breast in a sesame sauce. Ingredients: apple cider vinegar, sherry cooking wine, soy sauce, mustard, sesame seeds, sesame oil, chicken breast |
| Salisbury Beef w/ Onion Gravy- Tender Salisbury steak topped with a beef gravy. Ingredients: Salisbury steak, brown gravy mix | Glazed Turkey Ham- Juicy sliced turkey ham with a sweet honey glaze. Ingredients: turkey ham, orange & pineapple juice | Fish Nuggets- Crispy baked fish sticks. Ingredients: breaded pollock fish nuggets | Beef Enchilada Pie- Beef and beans layered with tortillas and cheese. Ingredients: ground beef, corn, pinto beans, onions, green peppers, chili & garlic powder, corn tortilla, cheddar cheese | Italian Shells and Cheese- Cheesy pasta dish. Ingredients: evaporated milk, nutmeg, cayenne pepper, cheddar & provolone cheese, parmesan & mozzarella cheese, pasta shells |
| Fajita Chicken- Seasoned chicken cooked with peppers and onions. Ingredients: onions, green pepper, fajita chicken, red peppers | Tomato Swiss Steak- Tender beef in a rich tomato gravy. Ingredients: Salisbury Beef Steak, onions, tomato sauce, diced tomatoes | Turkey Breast w/ Gravy- Delicious cutlet of turkey served with gravy. Ingredients: turkey breast, chicken gravy mix | Cheeseburger Macaroni- Cheesy pasta with beef. Ingredients: ground beef, diced tomatoes, tomato paste, onions, celery, oregano, basil, macaroni pasta, cheddar cheese | Honey Mustard Chicken Tenders- Baked chicken tenders with a honey mustard sauce. Ingredients: chicken tenders, orange juice, brown sugar, yellow mustard |
| Meatloaf w/ Tomato Gravy- Beef meatloaf with tomato gravy. Ingredients: beef meatloaf, brown gravy mix, tomato sauce, diced tomatoes, onions, distilled vinegar | Chicken Alfredo- Creamy pasta sauce served with tender chicken. Ingredients: fettuccine pasta, Alfredo sauce, green & red peppers, onions, thyme, diced chicken | Western Baked Beef- Flame-broiled beef patty baked in a savory sauce. Ingredients: beef patty, tomato sauce, brown sugar, yellow mustard, chili powder, vinegar, onions | Chicken Salad- A refreshing classic chicken salad. Ingredients: celery, diced chicken, onions, mayonnaise, red pepper | Swedish Meatballs- Beef meatballs served in a creamy brown gravy. Ingredients: beef meatballs, brown gravy mix, sour cream |