

Menu Descriptions-Menu Cycle July 1, 2022- September 30, 2022

 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
Chicken Fajita- Seasoned chicken cooked with peppers and onions. Ingredients: onions, green pepper, diced 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- A delicious cutlet of turkey served with gravy. Ingredients: sliced turkey breast, chicken gravy mix	Honey Mustard Breaded Chicken- Breaded chicken baked until golden brown and crispy. Ingredients: breaded chicken patty, orange juice, brown sugar, yellow mustard	Cheeseburger Macaroni- Cheesy pasta with hamburger. Ingredients: ground beef, diced tomatoes, tomato paste, onions, celery, oregano, basil, macaroni, cheddar cheese
Sloppy Joe- Ground beef cooked in tomato sauce. Ingredients: ground beef, tomatoes, onions, green peppers, Worcestershire sauce, taco seasoning, garlic & chili powder, basil leaves	Beef Hot Dog- All beef hot dog. Ingredients: all beef frankfurter	Oven Fried Chicken- Chicken topped with cornflakes and baked until crispy. Ingredients: chicken thigh, cornflakes, garlic & onion powder, pepper, paprika, poultry seasoning	Creole Beef Steak- A delicious beef patty served with a Louisiana style creole sauce. Ingredients: beef patty, brown gravy mix, tomato paste, onions, green peppers, celery, garlic	Chicken Divan- A creamy chicken casserole. Ingredients: diced chicken, chicken gravy mix, cheese sauce, broccoli
Chicken Parmesan- Breaded chicken patty baked with tomatoes and cheese. Ingredients: breaded chicken patty, diced tomatoes, tomato sauce, parmesan & mozzarella cheese	Hamburger Patty- An All-American flame broiled beef hamburger patty served with lettuce, tomato and onion.	Chicken and Noodles- Comfort food with noodles, chicken, and creamy sauce. Ingredients: egg noodles, red peppers, onions, celery, chicken gravy, diced chicken, cheddar cheese, parsley	Brown Sugar Chopped Steak- Beef patty with a tangy sauce. Ingredients: Salisbury beef steak, brown sugar, Italian balsamic vinegar, soy sauce	Baked Chicken w/ Gravy- Our tender chicken with poultry gravy. Ingredients: chicken breast, chicken gravy
Salisbury Beef w/ Onion Gravy- Tender Salisbury steak topped with a beef gravy. Ingredients: Salisbury steak, garlic & onion powder, beef soup base, onions	BBQ Chicken- Chicken breast baked in barbeque sauce. Ingredients: chicken breast, smokey barbeque sauce	Chimichurri Turkey Breast- Turkey baked with flavorful spices. Ingredients: olive oil, lemon juice, parsley, garlic, onions, basil leaves, sliced turkey breast	King Ranch Chicken Casserole- Cheesy chicken casserole. Ingredients: onions, green peppers, garlic & chili powder, tomatoes, Tabasco sauce, diced chicken, chicken gravy, tortilla chips, cheddar cheese	Italian Shells and Cheese- A cheesy pasta dish. Ingredients: evaporated milk, cayenne pepper, nutmeg, cheddar & parmesan cheese, mozzarella cheese, pasta shells
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- A cheesy turkey ham casserole. Ingredients: turkey ham, mashed potatoes, onions, green peppers, hashbrowns, 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	Turkey Breast & Swiss Cheese- Turkey and Swiss cheese sandwich. Ingredients: sliced turkey breast, Swiss cheese	Sesame Chicken- Chicken in a savory sauce. Ingredients: chicken breast, apple cider vinegar, Sherry cooking wine, soy sauce, mustard, sesame oil, sesame seeds
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- A 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, hard-boiled eggs, red peppers	Swedish Beef Meatballs- Beef meatballs baked in a creamy sauce. Ingredients: beef meatballs, brown gravy mix, sour cream