

Menu Descriptions-Menu Cycle October 1, 2022- December 31, 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 October through December. It is our hope this information will be helpful and NO RESPONSE IS NEEDED.		
Monday	Tuesday	Wednesday	Thursday	Friday
Italian Shells and Cheese- Cheesy pasta dish. Ingredients: evaporated milk, cayenne pepper, nutmeg, cheddar & parmesan cheese, mozzarella cheese, pasta shells	Beef Frito Pie- Cheesy beef casserole served with Fritos. Ingredients: pinto beans, ground beef, tomatoes, onion, green peppers, chili & garlic powder, cayenne pepper, cumin	Sliced Turkey Breast w/ Gravy- Delicious cutlet of turkey served with gravy. Ingredients: sliced turkey breast, chicken gravy mix	Honey Mustard Chicken- Breaded chicken baked until golden brown and crispy. Ingredients: breaded chicken patty, orange juice, brown sugar, yellow mustard	Beef Chili with Beans- Beef chili with spices. Ingredients: kidney beans, ground beef, diced tomatoes, onions, chili & garlic powder, cayenne pepper, cumin, tomato paste
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 Thigh- Chicken topped with cornflakes and baked until crispy. Ingredients: chicken thigh, cornflakes, garlic & onion powder, pepper, paprika, poultry seasoning	Creole Beef Steak- Beef patty served with a Louisiana style creole sauce. Ingredients: beef patty, brown gravy mix, tomato paste, onions, green peppers, celery, garlic	Rosemary Chicken- Delicious chicken with rosemary seasoning. Ingredients: breaded chicken patty, rosemary seasoning, chicken soup base, margarine, flour
Turkey Cacciatore- Italian dish with turkey, aromatic vegetables and tomatoes. Ingredients: diced turkey, chicken gravy mix, onions, peppers, tomatoes, garlic, mushrooms, thyme, oregano	Teriyaki Beef- Delicious beef patty served with a sweet and savory teriyaki and pineapple sauce. Ingredients: beef patty, teriyaki sauce, pineapple juice	Lemon Caper Chicken- Chicken patty flavored with a buttery lemon sauce and capers. Ingredients: breaded chicken patty, flour, margarine, lemon juice, capers	Swedish Beef Meatballs- Beef meatballs baked in a creamy sauce. Ingredients: beef meatballs, brown gravy mix, sour cream	Turkey Pot Roast w/ Gravy- Tender turkey roast baked with gravy. Ingredients: chicken gravy mix, turkey roast
Beef Taco Meat- Flavorful blend of ground beef and taco seasoning. Ingredients: ground beef, taco seasoning, garlic powder, chili powder, cumin	Turkey and White Beans- Hearty and flavorful soup with turkey and beans. Ingredients: diced turkey, great northern beans, chicken soup base, celery, onions	Tomato Swiss Steak- Flavorful beef steak patty topped with a tomato marinara sauce. Ingredients: Salisbury steak, onions, margarine, tomato sauce, tomatoes	Lemon Herb Chicken- Breaded chicken patty with a creamy lemon sauce. Ingredients: breaded chicken patty, cream of chicken soup, lemon juice, basil, thyme	Loaded Potato Casserole- Cheesy turkey and potato casserole. Ingredients: turkey bacon, mashed potatoes, onions, green peppers, hashbrowns, cheddar cheese, sour cream, chives
Rosemary Chicken- Delicious chicken with rosemary seasoning. Ingredients: breaded chicken patty, rosemary seasoning, chicken soup base, margarine, flour	Salisbury Beef w/ Gravy- Tender Salisbury steak topped with a beef gravy. Ingredients: Salisbury steak, garlic & onion powder, beef soup base, onions	Chicken and Noodles- Chicken casserole in a creamy sauce. Ingredients: tortillas, chicken gravy mix, celery, onions, diced chicken	Meatloaf w/ Brown Gravy- Beef meatloaf with gravy. Ingredients: beef meatloaf, brown gravy mix	Vegetable Lasagna- Pasta loaded with vegetables. Ingredients: onions, garlic, basil, oregano, parsley, tomatoes, spinach, cottage cheese, nutmeg, garlic, penne pasta, mozzarella & parmesan cheese
Mushroom Chopped Steak- A savory Salisbury steak topped with brown gravy, peppers, and mushrooms. Ingredients: Salisbury beef steak, brown gravy mix, mushrooms, red & green peppers, garlic powder, parsley	Pesto Turkey Meatballs- Turkey meatballs topped with a delicious basil pesto sauce. Ingredients: turkey meatballs, olive oil, lemon juice, parsley, garlic, basil	Chicken Alfredo- Creamy pasta sauce served with tender chicken. Ingredients: fettuccine pasta, alfredo sauce, green & red peppers, onions, thyme, diced chicken	Cheeseburger Macaroni- Cheesy pasta with hamburger. Ingredients: ground beef, diced tomatoes, tomato paste, onions, celery, oregano, basil, elbow macaroni, cheddar cheese	Baked Chicken w/ Gravy- Chicken served with gravy. Ingredients: breaded chicken patty, chicken gravy