




Northeast Iowa Area Agency on Aging

June 2019

Monday 6/3/2019		Tuesday 6/4/2019		Wednesday 6/5/2019		Thursday 6/6/2019		Friday 6/7/2019		
		Carb Servings			Carb Servings			Carb Servings		
Beef w/Mushroom Gravy	0	Chicken Rice Casserole	2 CHO	Homemade Meatloaf	0.5 CHO	Parmesan Chicken	1 CHO	Turkey Breast	0	
Whole Kernel Corn	1 CHO	Green Peas	1 CHO	Onion Gravy	0	Garlic Red Pepper Rotini	1.5 CHO	Turkey Gravy	0	
Club Spinach	0.5 CHO	Harvard Beets	1.5 CHO	Baked Sweet Potato	2 CHO	Broccoli	0	Mashed Red Potatoes	1.5 CHO	
Applesauce	1 CHO	Tropical Fruit	2 CHO	Capri Vegetable Blend	0	Mandarin Oranges	1 CHO	Green Bean Bake	0.5 CHO	
Milk	1 CHO	Milk	1 CHO	Multi-Grain Bread	0.5 CHO	Milk	1 CHO	Multi-Grain Bread	0.5 CHO	
				Chocolate Chip Cookie	1.5 CHO			Fresh Seasonal Fruit	1 CHO	
				Chocolate Milk	2 CHO			Margarine	0	
				Margarine (2)	0					
Calories - 556 Sodium - 754		Calories - 759 Sodium - 647		Calories - 805 Sodium - 6579		Calories - 574 Sodium - 680		Calories - 585 Sodium - 571		
Carbohydrate - 66.3 Fat - 31.6%		Carbohydrate - 112.3 Fat - 17.7%		Carbohydrate - 110.9 Fat - 27.0%		Carbohydrate - 673.8 Fat - 29.1%		Carbohydrate - 75.9 Fat - 23.1%		
Monday 6/10/2019		Tuesday 6/11/2019		Wednesday 6/12/2019		Thursday 6/13/2019		Friday 6/14/2019		
		Carb Servings			Carb Servings			Carb Servings		
Loose Meat Sandwich	0	Tuna Noodle Casserole	1.5 CHO	Beef Spaghetti Casserole	1.5 CHO	Roast Beef	0	Father's Day		
Baked Beans	2 CHO	Sliced Carrots	0	California Vegetable Blend	0	Brown Gravy	0	Glazed Ham	0	
Hot Potato Salad	1.5 CHO	Paprika Garlic Cauliflower	0	Multi-Grain Bread	0.5 CHO	Mashed Red Potatoes	1.5 CHO	Roasted Potato Medley	1 CHO	
Wheat Hamburger Bun	1 CHO	Cinnamon Sugar Cookie	1 CHO	Hot Cinnamon Applesauce	1 CHO	Herbed Green Peas	1 CHO	California Vegetable Blend	0	
Fruit Cocktail 	1.5 CHO	Milk	1 CHO	Milk	1 CHO	Wheat Roll	1 CHO	Dinner Roll 	1.5 CHO	
Milk	1 CHO			Margarine	0	Cake with Frosting	1.5 CHO	Brownie 	2 CHO	
Ketchup	0					Milk	1 CHO	Milk	1 CHO	
						Margarine	0	Margarine	0	
Calories - 856 Sodium - 828		Calories - 538 Sodium - 683		Calories - 570 Sodium - 566		Calories - 776 Sodium - 783		Calories - 659 Sodium - 1478		
Carbohydrate - 109.7 Fat - 25.2%		Carbohydrate - 69.2 Fat - 23.4%		Carbohydrate - 68.9 Fat - 26.1%		Carbohydrate - 50.8 Fat - 28.6%		Carbohydrate - 93.3 Fat - 24.4%		
Monday 6/17/2019		Tuesday 6/18/2019		Wednesday 6/19/2019		Thursday 6/20/2019		Friday 6/21/2019		
		Carb Servings			Carb Servings			Carb Servings		
Country Fried Steak	1 CHO	Honey Baked Chicken	1 CHO	Potato Crusted Fish	1 CHO	Salisbury Beef	0.5 CHO	Cranberry Chicken Salad	1.5 CHO	
Country Gravy	0	Baby Red Potatoes	1 CHO	Baked Potato	1.5 CHO	Mashed Red Potatoes	1.5 CHO	Crackers	0.5 CHO	
Whipped Potatoes	1.5 CHO	Mixed Vegetables	1 CHO	Broccoli	0	Glazed Carrots	1 CHO	Three Bean Salad	2 CHO	
Whole Kernel Corn	1 CHO	Fruited Gelatin	2 CHO	Sugar Cookie	1 CHO	Strawberry Applesauce	1.5 CHO	Peaches	1.5 CHO	
Fresh Seasonal Fruit	1 CHO	Chocolate Milk	2 CHO	Milk	1 CHO	Milk	1 CHO	Milk	1 CHO	
Milk	1 CHO	Margarine	0	Margarine (2)	0					
				Sour Cream	0					
				Tartar Sauce	0					
Calories - 720 Sodium - 799		Calories - 611 Sodium - 662		Calories - 637 Sodium - 500		Calories - 578 Sodium - 552		Calories - 786 Sodium - 438		
Carbohydrate - 96.1 Fat - 29.6%		Carbohydrate - 106.0 Fat - 7.9%		Carbohydrate - 76.0 Fat - 34.8%		Carbohydrate - 78.5 Fat - 27.4%		Carbohydrate - 99.6 Fat - 28.7%		
Monday 6/24/2019		Tuesday 6/25/2019		Wednesday 6/26/2019		Thursday 6/27/2019		Friday 6/28/2018		
		Carb Servings			Carb Servings			Carb Servings		
Crustless Chicken Pot Pie	0.5 CHO	Roast Beef	0	Cranberry Dijon Chicken	1 CHO	BBQ Pork Rib Patty	0	Beef Goulash	1 CHO	
Brown Rice	1.5 CHO	Brown Gravy	0	Baby Red Potatoes	1 CHO	Baked Beans	2 CHO	Green Beans	0	
Brussels Sprouts	0.5 CHO	Whipped Potatoes	1 CHO	Mixed Vegetables	1 CHO	Glazed Carrots	1 CHO	Tossed Salad	0	
Oatmeal Cookie	1 CHO	Green Peas	1 CHO	Applesauce	1 CHO	Hamburger Bun	1.5 CHO	Hot Sliced Peaches	1.5 CHO	
Milk	1 CHO	Pie	2 CHO	Milk	1 CHO	Fresh Banana	1.5 CHO	Milk	1 CHO	
		Milk	1 CHO			Milk	1 CHO	Salad Dressing	0	
Calories - 559 Sodium - 432		Calories - 646 Sodium - 561		Calories - 556 Sodium - 459		Calories - 753 Sodium - 734		Calories - 650 Sodium - 480		
Carbohydrate - 72.8 Fat - 24.1%		Carbohydrate - 66.5 Fat - 33.8%		Carbohydrate - 77.7 Fat - 15.9%		Carbohydrate - 110.1 Fat - 21.7%		Carbohydrate - 68.8 Fat - 34.9%		

Fat - % Calories from Fat

Carbohydrate - Grams of Carbohydrates

Sodium - mg of Sodium

 - High Sodium Meal