

Proposed Lunch Menu for AgeGuide for Katering by Kristie

- WEEK 1: 3 oz. Chicken Breast
Half cup Green Beans
Half cup Roasted Potatoes
Half cup Fruit Salad
2 oz. Grain Roll
8 oz. serving low-fat milk
- WEEK 2: 3 oz. Italian Beef
Half cup Streamed Veggies
Half cup of Mixed Berries
Half cup Apple Sauce
2 oz. Grain Roll
8 oz. serving low-fat milk
- WEEK 3: Chicken Kabobs (with 3 oz. teriyaki chicken & with half cup veggies)
1 cup Cooked Rice
Half cup Garden Salad with Broccoli, Tomato & Cucumber
Half cup Pineapple
8 oz. serving low-fat milk
- WEEK 4: 3 oz. Hamburger on Wheat Bun
Half cup Mandarin Oranges
1 cup Roasted Root Blend of Vegetables (carrots, sweet potatoes, onions)
Half cup Pasta Salad
8 oz. serving low-fat milk