

BID SPECIFICATIONS

For The

MASSACHUSETTS NUTRITION PROGRAM FOR THE ELDERLY

Massachusetts Executive Office of Aging and Independence

NOTICE TO BIDDERS

SEALED PROPOSALS ARE HEREBY SOLICITED FOR THE PREPARATION OF MEALS TITLE III-C NUTRITION PROGRAM, IN ACCORDANCE WITH SPECIFICATIONS.

PROPOSALS MUST BE SUBMITTED IN TRIPPLICATE AND ENCLOSED IN A SEALED ENVELOPE MARKED "SEALED BID" AND ADDRESSED TO:

**Derek Anderson, Nutrition Program Director
AgeSpan Inc.
280 Merrimack Street, Suite 400
Lawrence, MA 01843**

A Bidders conference will be held on Thursday, May 29th.

The purpose of this conference is to give equal opportunity for clarification of specifications to all potential bidders. If you have any questions regarding these specifications, reserve them for that occasion.

Sealed bids will be accepted up to 5:00 pm on July 14th 2025. Bids that are mailed must be postmarked no later than July 14th. Bids received after that date endorsed or signed will be rejected.

FACTORS IN SELECTING THE PROVIDER

- a) Meal Cost Analysis.
- b) Type of service offered.
- c) Experience and reputation of bidder.
- d) Contract history for the past 10 years (e.g. termination, cancelation)
- e) Financial stability of bidder.
- f) Degree of staff supervision.
- g) Location and Food Production Facility.
- h) Ability to perform according to the requirements set forth.
- i) Ability to use USDA Commodity Foods.
- j) Quality Assurance Program
- k) Timing of food, in relation to delivery times

THIS BID ENCOMPASSES THE FOLLOWING ENTITIY, AGESPAN INC WITH
PHYSICAL LOCATIONS IN DANVERS, MA ; HENCEFORTH SHALL BE KNOWN
AS THE NUTRITION NUTRITION PROJECT

THE NUTRITION NUTRITION PROJECT RESERVES THE RIGHT TO REJECT
ANY AND ALL PROPOSALS IF IN THE PUBLIC INTEREST TO DO SO.

SPECIFICATION FOR THE NUTRITION PROGRAM

In accordance with the goals and purposes of the Title III-c Elderly Nutrition Program established under the Comprehensive Older Americans Act Amendments of 1992, AgeSpan, Inc. have been established to meet the needs of Older Americans within its service areas. The Nutrition Program's chief responsibility is to provide nutritionally sound meals to those in the greatest economic and social need. These meals are served in strategically located centers, such as community centers, senior centers, churches, etc. They are also served to homebound elders within the service area. In addition to nutrition, the program aims at reducing the isolation of older Americans by providing these meals in a congregate setting whenever possible.

SPECIFIC INFORMATION

All bids shall be subject to review and acceptance by AgeSpan, Inc. The Executive Office of Aging and Independence (AGE), shall have the rights to review and comment upon all bids received and the agency's evaluation of the bids before a final recommendation is presented to the agency's board for a decision. The detailed evaluation must include the reason for the Nutrition Project's selection as well as scoring criteria and 3 and 5 year budget forecasts. The Nutrition Project reserves all rights and, in particular, the right to reject any and all bids where there are sound business reasons in the best interest of the Nutrition Project for such rejection. Awards shall be made to the bidder whose bid or offer is responsive to the solicitation and is most advantageous to the Nutrition Project, meal cost, and other factors set forth on the previous page considered. Contracts shall be made only with responsible contractors who possess the potential ability to perform successfully under the terms and conditions of the procurement. A low bid will not necessarily be the deciding factor.

Each Nutrition Project contract with a Provider for the preparation of meals for elders under Title III-C of the Older American Act shall include or incorporate by reference the following bid specifications:

All bids shall include evidence of ability and qualifications to deliver both bulk and pre-packed hot, chilled and/or weekend frozen meals in adequate quantity on a regular basis. This evidence includes prior and/or existing similar contracts as well as a copy of the bidder's most recent financial statement that reflects the capability of maintaining satisfactory operations for the contract period. A copy of the bidder's most recent annual report may also be included as documentation.

QUALITY OF THE MEAL AND TASTE TEST

The Nutrition Project reserves the right to require bidders to provide samples of their products as part of the proposal review process. If the Nutrition Project decides that sample taste testing is in its best interests, 10 days notice and specific details of the taste test will be provided to all eligible bidders.

PERFORMANCE BOND

Within thirty (30) calendar days of the effective date of the contract, the Provider shall procure, submit to the Nutrition Project and maintain a performance bond in the amount of one hundred thousand (\$100,000) for the three year contract life. If the contract is renewed, such bond shall be extended for the appropriate time period. If the contract amount is for less than \$150,000 for the three year period, the minimum face amount of the performance bond shall be ten percent (10%) of the contract price rounded to the nearest thousand dollars. This bond shall be payable to compensate the Nutrition Project for its costs in selecting another Provider if and when the Provider terminates this agreement for any reason, other than the Nutrition Projects substantial failure to comply with the agreement with at least forty five (45) days advance written notice given, within the three year contract period, and any extensions.

TIMETABLE AND BASIS FOR CONTRACT AWARD

Due to the existence of potential contract termination provisions that may adversely affect the delivery of meals to elders, no Provider contract shall be awarded to a winning bidder prior to sixty (60) calendar days before October 1st, the beginning of the Federal Fiscal Year. Unless a more specific provision is set forth herein, any contract(s) entered into with the Nutrition Project (AgeSpan Inc.) shall be consistent with and subject to the Commonwealth Terms and Conditions for Contracts.

CONTRACT DURATION AND TERMINATION

Subject to Federal and/or State regulations, the contract shall not be canceled by either party for the first thirty days, and may be canceled after that time by either party, with material cause, at the end of the calendar month by a notice in writing not less than thirty days prior to the termination date.

If Nutrition Project determines that any non-compliance with the terms of this Agreement on the part of the Provider endangers the life, health and safety of any recipients of services under this Agreement, it shall terminate this Agreement by orally notifying the Provider of termination followed by the making of written notification, return receipt requested, setting forth the following the oral notification. Termination pursuant to this subsection shall take effect upon the furnishing of the oral notification.

The Nutrition Project may terminate this Agreement, for reasons other than those constituting a non-compliance that endangers the life, health, and safety of recipients of service, if the Provider has failed to comply with the provisions of the Agreement in whole or in part. However, prior to terminating this Agreement pursuant to this subsection, the Nutrition Project shall notify the Provider in writing, of the specific area of non-compliance. The Provider shall restore compliance within thirty (30) days of the date of the notice. If the Provider has not restored compliance within the thirty (30) day

period, the Nutrition Project may terminate this Agreement by furnishing the Provider with written notice at least thirty (30) days prior to the effective date of termination.

The Provider may terminate this Agreement prior to its expiration date, if the Nutrition Project fails to comply with a material provision of this Agreement. The Provider shall furnish the Nutrition Project with written notice of termination at least forty five (45) days prior to the effective date of termination.

Upon termination, with at least forty five (45) days notice, the Provider shall be entitled to compensation for services rendered in the satisfactory performance of this Agreement: provided that the Provider shall submit properly completed invoices to the Nutrition Project covering services rendered not later than sixty (60) days after the date of termination.

If the Provider shall terminate this Agreement with less than forty five (45) days notice or with no notice to the Nutrition Project, the Nutrition Project reserves the right to retain as a penalty an amount otherwise payable to the Provider as compensation for services rendered. Such amount shall be that owed to the Provider by the Nutrition Project for the calendar month, which preceded the effective date of the Provider's termination. AGE shall approve the use of these funds by the Nutrition Project to offset the costs incurred by the Nutrition Project in the transition to a new Provider on short notice.

Termination Without Cause. Either party may terminate the Contract without cause upon provision of written notice to the other at least sixty (60) calendar days before its effective date. Whether or not cause to terminate exists under any other provision, a party may elect to terminate without cause.

The term of this contract is for a period of three years. It is renewable with the agreement of both parties for two additional one year periods. There must be adequate provision, however, for cancellation of the contract in the absence of an appropriation of adequate federal funds or for other material cause. The area agency and/or the Nutrition Project must inform AGE of the details of the annual or other period contract amendments or modifications that occur during the life of the contract prior to the approval of these changes by the area agency.

Meal costs will remain fixed for the initial two years of the contract. If the Provider proposes a meal cost rate in year three it will be negotiated by the Provider and the Nutrition Project and will not exceed 3% each year. If the Nutrition Project exercises its right to renew the contract for a fourth and fifth year, any proposed meal cost rate increases will be negotiated as above and will not exceed 3% each year. Bidders shall include Proposed Contract Price Increases

The Nutrition Project may reclaim, upon the expiration or termination of this Agreement, all equipment, the cost of which is fully reimbursed by funds provided

pursuant to this Agreement and which has a useful life of more than one (1) year and a cost in excess of one hundred (\$100.00) dollars.

NEGOTIATION

The Nutrition Project, in its sole discretion may negotiate with some or all Providers prior to executing a Contract. The designation as the Provider is contingent upon successful negotiation of Contract terms. The Nutrition Project and selected Provider fail to reach an agreement of Contract terms, The Nutrition Project in its sole discretion may negotiate with and award a Contract to any other Provider it selects.

NON-DISCRIMINATION IN SERVICE DELIVERY

The Provider shall not deny any services to or otherwise discriminate in the delivery of services against any person who otherwise meets the eligibility criteria for the program as determined by the Nutrition Project on the basis of race, color, religion, sex, age, national origin, ancestry, physical or mental disability or because such person is a recipient of Federal, State or local public assistance or housing subsidies.

The Provider shall comply with all applicable provisions of:

- a) Title VI of the Civil Rights Act of 1964 (42 USC 2000d et seq.) - prohibits discrimination on the basis of race, color, or national origin, in programs receiving Federal financial assistance: and
- b) Section 504 of the Rehabilitation Act of 1973, (29 USC 794) and the regulations promulgated thereunder, (45 CFR Part 84) - prohibits discrimination against qualified disabled individuals on the basis of disability in any program or activity receiving or benefiting from Federal Financial assistance and requires programs and activities, when viewed in their entirety, to be readily accessible to disabled persons; and
- c) G.L. c.151B sec. 4(10) - prohibits discrimination in furnishing services on grounds that an individual is a recipient of Federal, State or local public assistance or housing subsidies.
- d) The Provider shall comply with all applicable provisions of the Americans With Disabilities Act.

NON-DISCRIMINATION IN EMPLOYMENT

The Provider shall not discriminate against any qualified employee or applicant for employment because of race, color, national origin, ancestry, age, sex, religion or physical or mental disability. The Provider shall comply with all applicable provisions of:

- a) Title VII of the Civil Rights Act of 1964 (42 USC 2000e et seq.) - prohibits discrimination in employment on the basis of race, color, religion, sex or national origin; and
- b) M.G.L. c.151B, S4(1) - prohibits discrimination in employment on the basis of race, color, religious creed, national origin, sex, gender identity, sexual orientation.
- c) The AGE Regulation, 651 CMR 8.00: Discrimination Based On Age In Agencies And Organization In Receipt of Funds From The Department of Elder Affairs.
- d) Section 504 of the Rehabilitation Act of 1973 (29 USC 794) and the regulations promulgated pursuant thereto (45 CFR Part 84) - prohibits discrimination against qualified disabled individuals on the basis of disability and requires employers to make reasonable accommodations to known physical or mental limitations or otherwise qualifies disabled applicants and employees.
- e) The Provider shall give written notice of its commitments under this Article to any labor union, association or brotherhood with which it has a collective bargaining or other agreement.
- f) The Provider shall notify minority, disabled, and women contractors, and associations of such contractors, that it is the policy of the Commonwealth to prohibit discrimination in employment practices by Providers, subcontractors, and suppliers of goods and services as set forth in Executive Order 11246.
- g) The Provider shall comply with all applicable provisions of the Americans With Disabilities Act.

AFFIRMATIVE ACTION

1. The Provider shall develop and adhere to a policy of affirmative action in all aspects of employment under this Agreement. In addition, if the maximum compensation paid to the term of this Agreement, from agencies acting pursuant to contracts with AGE, is fifty thousand dollars (\$50,000) or more, the Provider shall develop and maintain an affirmative action plan in accordance with the applicable requirements of Executive Order 116 and transmit a copy to the Nutrition Project.

2. The Provider as an organization receiving federal funding shall take all necessary affirmative steps to assure that minority firms, women's business enterprise, and labor surplus area firms are utilized in the subcontracts in accordance with 45 CFR Part 92.36 (e). Affirmative steps shall include:
 - a. placing qualified small and minority businesses and women's business enterprises on solicitation lists; and assuring that small and minority businesses, and
 - b. women's business enterprises are solicited whenever they are appropriate for the type of goods or services contracted for.

ACCOUNTABILITY

The Provider shall comply with all applicable Federal, State, and local government laws and regulations pertaining to wages and hours employment. Particular reference is made to Title 45 Code of Federal Regulations Part 74 Administration of Grants Subpart P Procurements by Grantees and Subgrantees appendix h Paragraph 4 which is applicable to all Providers and specifies particular provisions that must be included in the prospective contract. Particular attention is drawn to sub paragraph 4(I) which requires that all Provider contracts contain a provision allowing the nutrition Nutrition Project, the Area Agency on Aging, AGE, the Administration on Aging or any of their duly authorized representatives to have access to any books, documents, papers and records of the contractor which are directly pertinent to the specific program for the purpose of making audits, examinations, excerpts and transcriptions. The Provider shall retain all such books, records, documents, and property for six years after final payment hereunder.

The Provider shall carry and furnish evidence of public liability insurance including bodily injury and property damage coverage, as well as product liability insurance. Certificates of insurance are to be provided.

The Provider shall indemnify the Nutrition Project against any loss and/or damage (including attorneys fee and other costs of litigation) caused by negligence or omission, theft by their employees, or the negligence acts or omissions of the Provider's agents or employees.

The Provider shall defend any suit against the Nutrition Project alleging personal injury or property damage out of the consumption of the meals prepared by the Provider and served by the Nutrition Project.

CONFIDENTIALITY

With regard to personal data maintained pursuant to this Agreement, the Provider is a holder of personal data as that term is used in MGL c. 66A, the Fair Information Practices Act, and in the regulations of the Executive Office of Aging and Independence, governing the safeguarding, use of, and access to personal data, 651 CMR 2.00 et seq.

METHOD OF PAYMENT, PAYMENT SCHEDULE

The Provider will furnish the Nutrition Project(s) a weekly invoice and copies of detailed statement of operation no later than (5) Business days following each week of service. Accounting periods are to relate to the Nutrition Project year. All statements are to include the total costs of the operation with a breakout of raw food cost and other meal related costs.

Billing statements will calculate cost for all meals served on an individual day by day basis for all days in the calendar month, including weekdays and holidays.

A Mutually agreed upon Early Payment discount may be negotiated by either parties to this agreement.

Payment by the Nutrition Project shall be due for each calendar month upon the expiration of 30 days after the receipt the Nutrition Project of a proper invoice from the Provider. If payment is not made in or within the due date, the Provider may, so long as such non-payment shall continue, terminate this agreement as to the further providing of meals herein only by the giving of 30 days period, terminate, otherwise it shall continue in full force and effect.

SANITATION AND FOOD HANDLING REQUIREMENTS

The Provider shall comply with all Federal, State, and local laws and regulations governing the preparation, handling, and transporting of food, shall procure and keep, in effect, all necessary licenses, permits and food handler's cards as are required by law, and shall post such licenses, permits and cards in a prominent place within the meal preparation area, as required.

The Provider shall maintain all food preparation and delivery facilities over which it has control in clean and sanitary conditions. All kitchen storage and delivery facilities, including equipment, utensils, ventilating equipment (including filters), door cabinets, counters, and the like, shall be clean and sanitary.

The Provider shall, as part of its bid proposal, provide the Nutrition Project with a written kitchen audit by an independent qualified sanitarian, validating the safe maximum meal production load for the Provider's kitchen facility (ies). No Provider receiving payment under this Agreement shall enter into any Title III-C nutrition contract in which it exceeds the safe maximum meal production load for its kitchen facility (ies).

The Provider shall maintain a written documented formal sanitation program which meets or exceeds the minimum requirements of State, Federal, municipal or other agencies authorized to inspect or accredit the food of the Nutrition Project at the latter's discretion. The Provider shall provide regular, documented in-services regarding sanitation and food handling to its employees involved in the preparation, handling and storage of food. Additionally, the Provider shall present no fewer than two trainings per

year for Nutrition Project staff or volunteers, as designated by the Nutrition Project, trainings on sanitation and food handling issues.

The Provider will report the location in or adjacent to Massachusetts of its current food preparation sites and submit a copy of the most recent inspection report by State or local health departments of the preparation sites to be utilized under the proposed contract.

Cook/Chill or Cook/Chill/ Rethermalization systems may only be used if the kitchen location is within Massachusetts.

Each meal served must contain required one-third of the current Recommended Dietary Allowances as established by the Food and Nutrition Board, Commission on Life Sciences, National Research Council and must meet the STANDARDS AND POLICIES FOR THE MASSACHUSETTS ELDERLY NUTRITION PROGRAM outlined by the AGE.

The Nutrition Project shall have the right and authority:

1. To develop and supply to the Provider, prior to the beginning of operations, under this agreement, specifications for the food, which the Provider is to use in the meals, and other food prepared for the Nutrition Project.
2. To inspect such food to determine compliance with the specifications for the food, which the Provider is to use in the meals, and other food prepared for the Nutrition Project.
3. To have access to the Provider's purchase records, bearing upon the food purchased for the Nutrition Project, for review and audit, as necessary.
4. To supply and approve the menus and recipes for meals and other food to be delivered so as to ensure compliance with AGE; to inspect the meals delivered to determine compliance with AGE meal type requirements; and to withhold payment for meals not meeting prescribed requirements.
5. To inspect, at any time, the Provider's food preparation, packaging and storage area to determine the adequacy of the cleaning, sanitation, and maintenance practices.
6. To determine the adequacy of the Providers' storage and record keeping practices so as to ensure the safekeeping of all food, including the food denoted for the use of the Nutrition Project as USDA commodity food, and in connection therewith to have ready access to the related food inventory control records of the Provider.
 - a. Temperatures must be taken before food leaves the kitchen and documented. Temperatures and Provider vehicle condition will be subject

to daily checks by the Nutrition Project's staff or personnel and the Provider's failure to comply with these requirements will result in returned food.

The following temperature requirements must be maintained:

- Hot foods shall be cooked to and packed at a temperature of at least 165 F and delivered in temperature-retaining containers, serving temperature to be at least 140 F. Potentially hazardous foods that are to be served hot and have been previously cooked and then refrigerated shall be reheated rapidly to an internal temperature of 165 F or higher.
- Cold foods shall be kept at 41 F or below during transportation, storage and serving. Potentially hazardous foods that are to be served cold must be transported pre-chilled and held at a temperature of 41 F or below.
- Frozen foods shall be kept frozen and held at air temperatures of 0 F or below during packing, transportation and storage except for defrost cycles and brief periods of loading or unloading.
- Raw fruits and vegetables may be held at room temperature.

USDA COMMODITY FOODS

The Provider shall utilize all USDA Commodity Foods made available and to credit the nutrition Nutrition Project at full commodity value. Appropriate records commodity credits and cash must be maintained.

The Provider shall allow to the Nutrition Project a credit equal to the value of the USDA commodities for those commodities that are furnished to the Provider for use in the program.

GROUP PURCHASING PROGRAM

(PLEASE NOTE THIS IMPORTANT REQUIREMENT THAT MAY AFFECT YOUR STATUS AS A MEAL PROVIDER).

The Provider must agree to utilize the AGE Group Purchasing Agreement Program. This means that the Provider will utilize the Group Purchasing Agreement Program's foods, to the extent and frequency set forth in the AGE STANDARDS AND POLICIES FOR THE MASSACHUSETTS ELDERLY NUTRITION PROGRAM which are incorporated herein by reference.

The Provider shall make payment directly to the commercial distributor designed by AGE under the Group Purchasing Agreement Program within (30) days of receiving

shipment. In the event that the Provider cannot or does not make payment within thirty (30) days of receiving shipment, either the Commercial Distributor or the Provider shall notify the Nutrition Project and AGE of this fact as soon as possible.

PERSONNEL

1. Food Service Manager - The Provider shall maintain at least (1) dedicated full time food service manager/supervisor whose responsibility is the execution of the meal service program for the Nutrition Project. The manager must be free to visit meal sites frequently and be daily available and responsive to monitor food service related problems and concerns. When meals exceed 3,000, per day, additional daily operational managers may be required if requested by the Nutrition Project.
2. Nutritionist - The Provider shall maintain on its staff a qualified nutritionist. The nutritionist may be shared with other Provider food service programs, but must be available for menu development, nutritional analysis of menus or food products used within meals and any other related matters i.e., sanitation training.
3. The Provider must maintain an adequate amount of personnel in order to meet all of the specifications and responsibilities of the submitted bid in an orderly, punctual and reliable manner.
4. Provider personnel shall always present themselves in a clean and professional appearance. The utilization of uniforms is encouraged.
5. All management-level employees shall be employed by the Provider, who shall specify the number of such employees and their titles. The Provider's organizational chart shall accompany a bid for food service catering.
6. The Nutrition Project shall provide other employees and personnel as it may deem necessary for the on-site service of the meals and maintenance.
7. The Nutrition Project shall furnish the Provider with a list of all sites with addresses and the following: number of serving days, number of congregate meals and number of home delivered meals.

LOCATION OF FOOD PREPARATION KITCHEN(S)

In addition to evaluating all other criteria, the Nutrition Project shall review whether or not the bidder's kitchen(s) for preparing food under this agreement is/are located within sixty (60) miles of the furthest location at which such foods shall be served to program participants in each particular Nutrition Project area. If such kitchen(s) are beyond sixty (60) mile distance and that bidder is selected to receive the contract, the Nutrition Project must be prepared to justify to AGE the reasons for selection of such bidder.

TRANSPORTATION OF FOOD

Bidders shall submit with their bid, information concerning the type, number, model, year and condition of the vehicles to be used in the nutrition program. The information should also indicate whether these vehicles are capable of transporting all equipment owned by the Nutrition Project. Vehicles used must be capable of supporting an electric meal delivery system if request by the Nutrition Project.

At the beginning of the contract year the Nutrition Project and the Provider will set up a definite delivery schedule. It is the Provider's responsibility to assure that home delivered meals arrive at the drop off locations at the temperatures specified within this Agreement.

The Provider should take all necessary measures for the protection of the cold packs i.e., by use of heat seal packaging and/or wax lunch bags, etc. The Nutrition Project will assume responsibility for maintaining the temperature of home delivered meals on route to the homes.

The Nutrition Project will be responsible for the purchase of all food delivery containers/carriers.

1. **Congregate Meals:** Food shall be delivered for use at congregate sites in bulk. It shall be packaged so that there will be a minimum of spills in the carrier. The Provider shall take any necessary measures including, but not limited to, reducing fill level, and covering pans with stretch plastic, aluminum foil and/or metal lids.

The Provider shall deliver all foods in supplied appropriate containers to specified locations in such a manner that the food may in clean and sanitary conditions. Temperatures must be taken before food leaves the kitchen and at arrival to sites and documented.

2. **Home Delivered Meals:** It is the Provider's responsibility to assure the meals arrive at assigned delivery location(s) at the appropriate temperatures. The Nutrition Project will be responsible to maintain the temperatures of the home delivered meals on route to the homes.

EQUIPMENT AND SUPPLIES

Adequate hot and cold food delivery equipment shall be purchased, owned and supplied to the Provider by the Nutrition Project. Only the Nutrition Project will purchase any additional or replacement equipment. An inventory of existing equipment will be taken and verified jointly by the Nutrition Project and the Provider at the commencement of operations. At the termination of operations, all equipment owned by the Nutrition Project shall be returned in acceptable condition.

Providers must provide evidence of proper amounts of the necessary cooking, cleaning equipment necessary to meet the Daily Needs of the Nutrition Nutrition Projects.

Closed insulated carriers only may be used, none with an open flame or sterno. These must maintain a temperature of over 140 degrees for at least three hours.

RESERVATION SYSTEM

The Provider shall accept meal count changes up to 24 hours prior to meal service. The Nutrition Project shall have a minimum 24-hour documented reservation system in place.

Meals ordered should match the number of meals expected to be served as closely as possible under the 24-hour reservations system. If extra meals should be available because of the absence of scheduled participants, seconds may be served to be eaten at the site. Hot cooked or other prepared food must not be taken from the site by participants, and if not eaten at the site must be discarded.

EMERGENCY PROCEDURES

The Provider shall provide immediate reimbursement for any out-of-pocket expenses incurred by the Nutrition Project when replacing part or all of a meal that is not delivered or is not wholesome. The Nutrition Project shall pay the Provider for the meals provided and shall bill the Provider for expenses incurred for replacement food.

It is the responsibility of the Provider and the Nutrition Project to notify each other prior to 6:00 a.m. of a site closing due to hazardous weather. Any food already prepared will be promptly refrigerated, and if appropriate, that day's menu will be substituted for the following day's menu. If food is lost due to closings the financial burden lies primarily with the Provider. However, the Provider may negotiate with the Nutrition Project to help pay some of these costs.

JOINT OPERATING COMMITTEE

Provider and Nutrition Project shall establish a Joint Operating Committee, consisting of appropriate representatives of each Party with authority to make commitments and take appropriate actions. The purpose of the Joint Operating Committee is to discuss Provider's business requirements, services provided, and ways to better align services to meet these business requirements. The Joint Operating Committee will also provide a forum for discussions regarding Nutrition Projects current and anticipated needs, any technology changes and the Provider's performance and anticipated requirements.

TRAVELING CHEF PROGRAM

The Provider must be able to adequately maintain and staff a robust Site Location Traveling Chef program that may be utilized by the Nutrition Project(s) to provide an enhanced dining experience. The menu available will be mutually agreed upon by Provider and Nutrition Project. Provider and Nutrition Project will negotiate a base rate of service and will mutually agree on scope of services. Traveling Chef Program is further defined below.

MENU OPTIONS

The Provider and Nutrition Project can mutually agree on additional meal selections at some or all of the Nutrition Project locations, as well as cost for these services.

PERSONNEL/STAFFING

The Provider shall designate a liaison staff member between the hours of 6:00 am and 3:30 pm for daily troubleshooting, contact to drivers, scheduling of events, etc. Nutrition Project will designate a liaison for communication with the Provider liaison. The Provider shall identify staff member(s) who will be available to monitor all aspects of the meal service program, follow up on identified areas requiring action, participate in menu meetings, and visit meal sites during food service.

Communication with the delivery drivers is required. The Provider shall maintain a team of delivery drivers with the ability to contact the Nutrition Project liaison and Provider supervisor en-route during delivery hours by cell phone or radio. The Provider shall designate a staff member for the on-site service of special meals (i.e. picnics, barbeques, traveling chef, etc.).

TRANSPORTATION

It is the Provider's responsibility to assure that the correct meals and counts arrive in whole condition at the drop-off locations within the time frame specified here and at the right temperatures as outlined here. Appendix contains a list of current delivery locations and time frames.

To preserve the quality of the food, the Provider shall take all steps possible to minimize the time between cooking and packing and delivery. ***A statement outlining procedures to meet this goal should be included with the proposal.***

ADDITIONAL MEAL TYPES-SUBMIT MEALS COST ANALYSIS FOR ALL MEAL TYPES

Special Meals:

- a. Monthly Special: A monthly special will be served each month. The menu and dates of these specials will be planned at an annual meeting. These menus will reflect holidays when appropriate.

The Provider should submit complete sample meals for each month.

- b. Summer Barbecues: During the summer months agreed upon congregate meal sites will be able to schedule at least one barbecue meal in place of the regular menu at the regular congregate meal price. The entrée will be barbecued on site by the Provider. ***The Provider should submit sample barbecue options.***

- c. Traveling Chef: The Provider may be asked to have a chef attend a meal site to serve a meal special in front of the participants. These Traveling Chef specials may occur at a minimum of one site per agency per month, at agreed upon locations, at mutually agreed upon times. The menu for these specials will be planned at an annual meeting.

The Provider should submit sample Traveling Chef menus.

- d. Choice: Nutrition Project may order from the Provider changes in the regular meals according to the following guidelines:

- The Nutrition Project may order a lower sodium entrée on the days when higher sodium meals are served.
- Up to three times a month, an alternate entrée may be ordered for the congregate meals and home delivered meals. These entrees will be specified in the final menu. For example, chicken may be ordered as an alternate to fish.
- The Nutrition Project reserves the right to order at least once per week a “light” menu such as soup and sandwich as a choice at the congregate sites. The entrée for this menu is typically based on the cold supper menu.

- e. Additional Meal Options: If requested, potential Providers should be able to provide: Box Lunches- Self-contained lunch designed to bring off site.

Box including: eating utensils, napkin, choice of sandwich, condiments, two sides, one dessert, fruit or juice and milk.

Addition cost items: chips, wet nap, etc.

Emergency Meals, Grab and Go Pre-packed meals and additional Frozen Meals

MISCELLANEOUS

The Provider shall not disseminate, reproduce or publish any report, information, data, or other documents produced in whole or part pursuant to the terms of this Agreement without the prior written consent of the Nutrition Project nor shall any such report, information, data or other document be the subject of an application for copyright by or on behalf of the Provider without the prior written consent of the Nutrition Project.

The Provider will submit a copy of the most recent financial statements to reflect its capabilities to maintain operators satisfactory for the contract period.

The Provider shall not assign or subcontract any interest in this Agreement without the prior written consent of the Nutrition Project, provided that, claims for money due or to become due to the Provider from the Nutrition Project under this Agreement may be assigned to a bank, trust company or other financial institution without such promptly to the Nutrition Project.

The Provider shall not knowingly employ, compensate, or arrange to compensate any employee of the Nutrition Project during the term of this Agreement without the prior written approval of the Nutrition Project.

This Agreement may be amended only by written document signed by persons authorized to bind in contract the Nutrition Project and the Provider. All amendments must be attached to this Agreement.

Unless otherwise specified herein, any notice, approval, request or demand thereunder from either party to the other shall be in writing and all be deemed to have been given when either delivered personally or deposited in a United States mail box in a postage prepaid envelope addressed to the other.

The Provider shall procure and keep current any license, certification, permit or accreditation required by local, State or Federal statute or regulations and shall, upon the request of the Nutrition Project, submit to the Nutrition Project proof of any such license, certification, permit or accreditation.

All attachments to this Agreement are deemed to be part of this agreement. The entire Agreement of the parties is contained herein and this Agreement supersedes all oral agreements and negotiations between the parties relating to the subject matter contained herein.

SCOPE OF SERVICE

Potential Providers must be able to supply Nutrition Project all Home Delivered meals pre-packaged, labeled by meal type. Congregate or bulk meals may be ordered and delivered hot or cold depending on the request. The Nutrition Project agrees to maintain a reservation system and advance notice of at minimum of (1) week shall be provided by the Nutrition Project to the Provider. Providers will need to package and deliver meals to assigned drop off areas by routes ordered by Nutrition Project. Providers will need to supply the following diet types: Regular, Cardiac/Carb Controlled, Renal, Low Lactose, Cold Suppers, Chopped, Ground, Puree. Providers will need to supply the following additional meal types: Chinese, Latino and Vegetarian. The Nutrition Project agrees to have their Registered Dietitians work directly with the Provider to develop and implement menus.

Potential Providers must be able to supply required Cold Packs both pre-packaged or in bulk form, if requested by the Nutrition Project.

Proper dating and labeling of all meals will be mutually agreed upon by Provider and Nutrition Project, beyond any required labeling needs.

MEAL COST ANALYSIS

Number of Meals

The bid must submit a range of meals per day utilizing the attached Meals Cost Analysis form provided within this document.

The number of meals category will range from approximately 100 meals below the Nutrition Project's current rate to 100 meals above the current rate. The number of daily meals, which a Nutrition Project anticipates over the duration of the contract, should take into account possible fluctuations in funding levels from state and other sources.

The Nutrition Project may issue either a single bid or a consortium bid with another Nutrition Project or both. However, Nutrition Project may not issue a bid request which allows bidders to elect the type of bid (i.e., joint or single) they shall respond to. This stipulation is intended to avoid circumstances wherein a Nutrition Project can not properly compare submitted bid proposals due to varying assumptions on the number of meals to be provided and other requirements which would differ between joint and single bids.

Unanticipated expansion of meal sites or other factors which may increase the number of meals, or events which cause the unanticipated decrease in the number of meals, shall be accommodated by the Provider and the price per meal shall be adjusted, by negotiation with the Nutrition Project, to take these changes into account.

Determining Base Cost

The following factors must be taken into account in determining the base cost:

1. Raw Food Cost - All menu specifications as listed, including condiments.
2. Labor Cost - Production, Preparation, Service, Packaging, Food Service Management, Transportation Labor (drivers), and Nutritionist.
3. Administration - Administrative Salaries, Travel, Fees, Insurance, Office Supplies, Postage, Printing, Misc., Rent, Utilities, Telephone, Maintenance, Equipment Repairs, Small Equipment, Garbage Collection, Extermination, Trainings.
4. Transportation - Gas, Oil, Van Maintenance, Depreciation, Insurance (van).
5. Disposable Cost - Disposables, Napkins, Wrap, Site Supplies, Misc. Includes storage and handling of disposables unless Nutrition Project picks-up and stores own disposables.

Disposables

If disposables are included in the meal cost a separate cost sheet should be attached with the samples of the products. The sheet should show the cost per unit for the item (divide the number of items in the case by the cost per case). The Provider should also list his percentage cost for the handling and distribution of disposables.

NUTRITION PROJECT'S RIGHT TO SELF-PURCHASE

The Nutrition Project reserves the right to self-purchase individual meal products, such as hot beverages, disposables and site supplies directly from the purveyor instead of from the Provider. If the purchase is from the purveyor or the Provider, the Provider will be responsible for receiving, storing, securing and distributing products to meal sites. Storage and distribution cost is separates from the Base Cost. (Enter percentage for this service in the disposables line on meal cost analysis sheet).

Appendix RFP 2025

Appendix A Site Locations/Average Daily Meal Count/Delivery
Windows

Appendix B Area Maps- North Shore

Appendix C-I Bid Evaluation Score Sheets

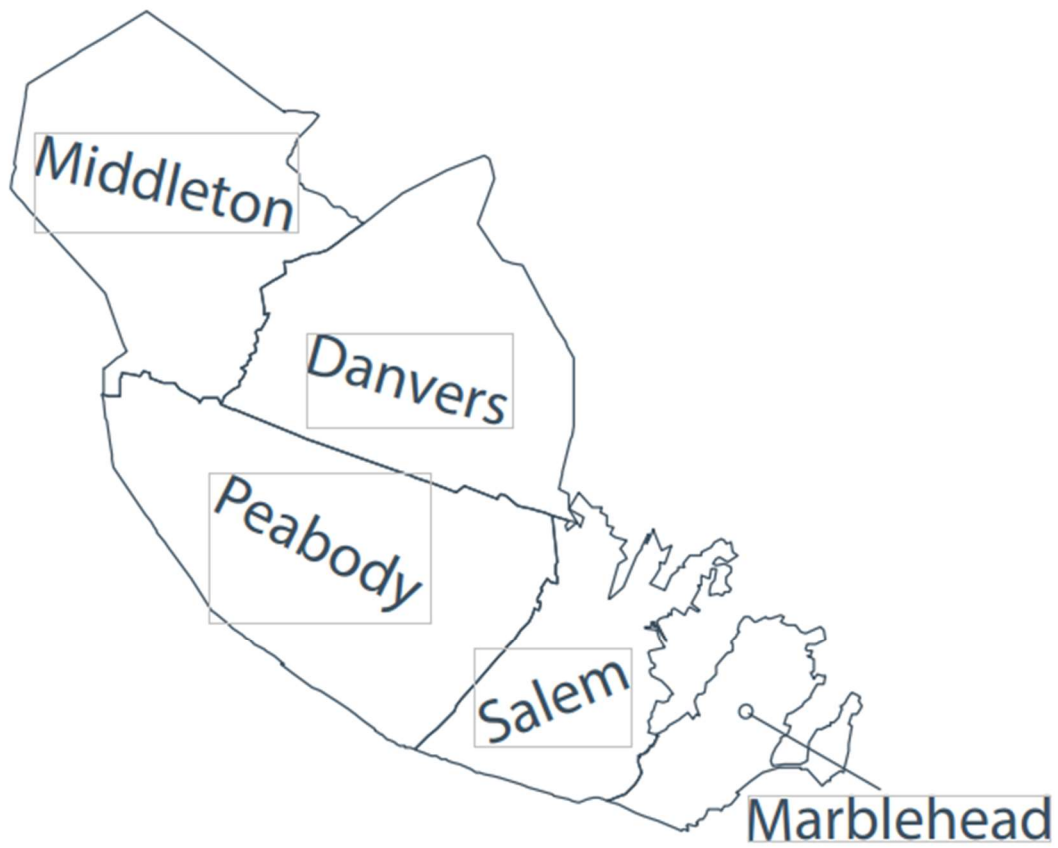
Appendix C-II Meal Cost Analysis Charts

Appendix D Sample Menu Cost Analysis

Appendix E Sample Program Menus

Site Location/Address	Days of Operation	Delivery Window	HDM avg daily (prepack)	Cong avg daily (bulk)
AgeSpan Office – <i>Distribution site for Peabody/Danvers HDMs/Central St Cong</i> 300 Rosewood Drive Danvers, MA 01923	M – F	8:30-9:00am	325- Peabody 100- Danvers	12
Danvers COA- <i>Congregate only</i> 25 Stone Street Danvers, MA 01923	M – F	9-9:30a	N/A	25
Marblehead COA – <i>Congregate Only</i> 10 Humphrey Street Marblehead, MA 01945	Tu,W,F	10-11a	n/a	35 Grab and Go
Middleton COA 38 Maple Street Middleton, MA 01949	M – F HDM M,W,Th Cong	9:30-10a	30	13
Salem COA – <i>Distribution site for Salem & Marblehead HDMs, Charter St Cong</i> 401 Bridge Street Salem, MA 01970	M – F	9:15-9:45a HDMs 10-10:30a Cong	Salem 200 Mblhd 95	40 (SCOA) 12 (Charter)

14 Farrell Court Marblehead <i>Congregate Only</i>	M-F	10:00-11a	N/A	12 Grab N Go
--	-----	-----------	-----	--------------



SCORE SHEET

PROVIDER'S NAME:

PERSON RATING: _____ DATE: _____

SELECTION CRITERIA	<u>RATING</u>	COMMENTS
<u>Type of Service Offered</u> Demonstrated ability to provide all services spelled out in RFP while maintaining food sanitation and handling requirements.		
<u>Experience and Reputation</u> Demonstrated experience with similar contracts Provides contact names for references		
<u>Financial Stability</u> Review of recent financial statement and annual report		
<u>Inspections</u> Past three years Board of Health inspection report and Nutrition Program inspection report		
<u>Degree of Staff Supervision</u> Organization chart should be provided. Include mgt staff with titles and location. List of number employees for prep, delivery, utility and clerical What is opening team and any local support		
<u>Location and Food Production Facility</u> Kitchen located within 60 miles distance to the furthest delivery stop. Should provide current production facility locations and proposed location for the bid. Provide recent inspection reports by local and state BOH. Proposed production facility should have a written kitchen audit by and independent qualified sanitarian validating kitchen capacity.		

SELECTION CRITERIA	<u>RATING</u>	COMMENTS
<u>Ability to Perform to State Nutrition Standards</u> Each meal must meet nutrition standards and policies Foods purchased meet nutrient guidelines Willingness to use State group purchasing food.		
<u>USDA Commodities</u> Willingness to use <i>all</i> donated commodities available and to credit the nutrition Nutrition Project full value		
<u>Ability to Perform to CMC Standards</u> Demonstrated ability to prepare fresh homemade recipes Provided a list of recipes and/or ingredients for all menu items Use of fresh herbs in recipes Quality of Soups and Stews		
Price Comparison		
<u>Hot Bulk and Home Delivered Meals</u> Price Value of ingredients for cost Type and quality of meal		
<u>Supper and Weekend Meals</u> Price Meals included in the meal cost matrix Type and quality of meal Willingness to use state approved frozen meal vendor		
<u>Therapeutic Meals</u> Price Demonstrated ability to meet nutrient specifications/standardized recipes Sufficient variety offered Meals included in the meal cost matrix		

Total points _____
Rating Scale: 4 - Excellent 3 - Good 2 - Fair 1 – Poor

AgeSpan Nutrition Project		HDM-Regular- COST ANALYSIS			
Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Disposables					
Total:					
<p>*Includes milk, margarine cup, bread and dessert in bulk.</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		HDM-Chinese- COST ANALYSIS			
Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub Total**					
HDM Packing Labor					
Disposables paper goods					
Total:					
<p>**Subtotal should include all food items including milk, bread dessert and margarine.</p> <p>Package included with tray</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		HDM-Vegetarian COST ANALYSIS			
Total Number of Meals	0-1500	1501- 1700	1701- 1900	1901- 2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub Total					
Disposables					
Total:					
<p>**Subtotal should include all food items including milk, bread dessert and margarine.</p> <p>Disposable trays not included.</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		HDM-Cold Supper COST ANALYSIS			
Total Number of Meals	0-2000	2001-2100	2101-2200	2201-2300	2301+
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Subtotal					
Handling					
HDM Packaging					
Disposables					
Total:					
<p>*Includes bread and milk, and dessert</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		Congregate- BULK MEAL COST ANALYSIS			
Total Number of Meals	0-1500	1501- 1700	1701- 1900	1901- 2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Disposables					
Total:					
<p>*Includes milk, margarine cup, bread and dessert in bulk.</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		THERAPEUTIC MEAL COST ANALYSIS			
Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub Total**					
HDM Packing Labor					
Disposables paper goods					
Total:					
<p>Therapeutic defined as: Cardiac, Renal, Low Lactose, Chopped, Ground or PUREE (Please note- if different pricing structure by diet, please submit a separate meal cost analysis</p> <p>**Subtotal should include all food items including milk, bread dessert and margarine.</p> <p>Package included with tray</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		LATINO MEAL COST ANALYSIS			
Total Number of Meals	0-1500	1501-1700	1701-1900	1901-2100	2101 +
Raw Food					
Commissary Labor					
Administration					
Transportation					
Profit					
Sub Total					
Disposables					
Total:					
<p>**Subtotal should include all food items including milk, bread dessert and margarine.</p> <p>Package included with tray</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week.</p> <p>Yearly maximum Price Increase 3%</p>					

AgeSpan Nutrition Project		FROZEN Handling Fee- COST ANALYSIS			
Total Number of Meals	0-2000	2001- 2100	2101- 2200	2201- 2300	2301+
Commissary Labor					
Total:					
Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%					

AgeSpan Nutrition Project		REGULAR COLD PACK COST ANALYSIS FOR FROZEN MEALS			
Total Number of Meals	0-1500	1501- 1700	1701- 1900	1901- 2100	2101 +
Raw Food					
Packing Labor					
Transportation					
Profit					
Sub-Total Bulk					
Disposables					
Total:					
<p>Items include milk, bread, margarine cup.</p> <p>Price range is the average TOTAL OF ALL MEAL TYPES ordered that week. Yearly maximum Price Increase 3%</p>					

Menu Cost Analysis				
Regular Menu 6 Week Cycle - Served with 1% milk				
Week 1	Item	Portion	Brand	Cost
Monday Two Compartment	Beef Stew			
	Beef	3oz		
	Celery	2oz		
	Carrots	2oz		
	Mashed potatoes	½ cup		
	Biscuit	1 pc		
	Tapioca pudding	½ cup		
	1% milk	8 oz		
	Margarine	1pc		
	Total			
Tuesday	Turkey A La King			
	Diced Turkey	3 oz		
	Cream sauce with mushrooms, peppers, onions	2 oz		
	Roasted Sweet Potatoes	½ cup		
	Corn	½ cup		
	MG Bread	1 pc		
	Pineapple	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Wednesday	Grilled Chicken	3 oz		
	Citrus and Fennel Sauce	2 oz		
	Parmesan Risotto	½ cup		
	Broccoli	½ cup		
	Cookie	1 pc		
	Oat Bread	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Thursday	Roasted Pork	3oz		
	Honey Garlic Sauce	2oz		
	Brown Rice	½ cup		
	Brussels Sprouts	½ cup		
	Congregate Only: Cream of Carrot Soup instead of Brussels	6oz		
	Vienna Bread	1 pc		
	Applesauce	½ cup		
	1% milk	8 oz		

	Margarine	1 pc		
	Total			
Friday	Eggplant Parm			
Two Compartment	Breaded Eggplant	2pc		
	Marinara Sauce	4oz		
	Mozzarella Cheese	1oz		
	On top of Pasta	½ cup		
	Zucchini & Summer Squash	½ cup		
	Low Sodium Wheat Bread	1 pc		
	Mandarins	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Week 2	Item	Portion	Brand	Cost
Monday	Sliced Turkey	3oz		
	Gravy	2oz		
	Mashed Potato	½ cup		
	Green Beans	½ cup		
	Whole Wheat Bread	1 pc		
	Canned Fruit	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Tuesday	Cheese Omelet	3oz		
	Turkey Sausage	1oz		
	Roasted Potatoes	½ cup		
	Honey Carrots	½ cup		
	Fruit Loaf	1 pc		
	Yogurt	½ cup		
	Juice	½ cup		
	Ketchup	1 pc		
	Margarine	1 pc		
	Total			
Wednesday	Grilled Chicken	3oz		
Special	Teriyaki Sauce	2oz		
	Asian Blend Veggies	½ cup		
	Vegetable Lo Mein	½ cup		
	Pineapple Upside Down Cake	1 pc		
	Fortune Cookie	1 pc		
	Dinner Roll (congregate)	1 pc		
	Low Sodium Wheat Bread	1 pc		

	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Thursday Two Compartment	American Chop Suey			
	Ground Beef			
	Pasta	½ cup		
	Tomato Sauce with Peppers & Onions	½ cup		
	Zucchini	½ cup		
	Wheat Garlic Roll	1 pc		
	Mandarins	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Friday	Breaded Pollock	4oz		
	Mixed Vegetables	½ cup		
	Warm Berry Crisp	½ cup		
	Burger Bun	1 pc		
	Garden Salad	½ cup		
	Tartar Sauce	1 pc		
	Salad Dressing	1 pc		
	1% milk	8 oz		
	Total			
Week 3	Item	Portion	Brand	Cost
Monday	Cod	3oz		
	Mediterranean Sauce	2oz		
	Roasted Potatoes	½ cup		
	Carrots	½ cup		
	Whole Wheat Bread	1 pc		
	Canned Fruit	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Tuesday	Roasted Pork	3oz		
	Sweet and Sour Sauce	2oz		
	Vegetable Rice	½ cup		
	Green Beans	½ cup		
	Dinner Roll	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		

	Total			
Wednesday	Meatloaf (Turkey & Beef)	3oz		
Birthday	Gravy	2oz		
	Mashed Potatoes	½ cup		
	Peas & Pearl Onions	½ cup		
	Oat Bread	1 pc		
	Birthday Cake	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Thursday	Breaded Chicken	4oz		
	Marry Me Sauce	2oz		
	Quinoa	½ cup		
	Capri Vegetables	½ cup		
	Vienna Bread	1 pc		
	Mandarins	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Friday	Cheese Ravioli	3pc		
Two Compartment	Lemon Basil Sauce	½ cup		
	Garlic Spinach	½ cup		
	Congregate Only: Spinach Salad with oranges to replace Garlic Spinach	½ cup		
	Chocolate Pudding	½ cup		
	MG Bread	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Week 4	Item	Portion	Brand	Cost
Monday	Chicken Fajitas			
	Grilled Chicken	3oz		
	Peppers and Onions	2oz		
	Spanish Rice	½ cup		
	Black Beans	½ cup		
	Tortilla	1 pc		
	Canned Fruit	½ cup		
	1% milk	8 oz		
	Total			

Tuesday	Meatball Sub			
	Chicken Meatballs	3pc		
	Marinara Sauce	½ cup		
	Corn	½ cup		
	Tater Tots	½ cup		
	Sub Roll	1 pc		
	Mandarins	½ cup		
	1% milk	8 oz		
	Total			
Wednesday	Salisbury Steak	3oz		
	Mushroom Gravy	2oz		
	Mashed Potatoes	½ cup		
	Beets	½ cup		
	Congregate Only: Beet Soup to replace Beets	6oz		
	Cornbread	1 pc		
	Gelatin	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Thursday	Baked Ham	3oz		
	Brown Sugar Glaze	2oz		
	Mashed Sweet Potatoes	½ cup		
	Warm Bread Pudding	½ cup		
	Low Sodium Wheat Bread	1 pc		
	Garden Salad	½ cup		
	Salad Dressing	1pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Friday Two Compartment	Macaroni & Cheese	10oz		
	Peas	½ cup		
	Oat Bread	1 pc		
	Fresh Fruit	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Week 5	Item	Portion	Brand	Cost
Monday Two Compartment	Chicken & Sausage Gumbo			
	Chicken	2oz		

	Sausage Crumbles	1oz		
	Tomato & Vegetables	½ cup		
	Over White Rice	½ cup		
	Biscuit	1 pc		
	Cookie	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Tuesday	Yankee Pot Roast	3oz		
	Brown Gravy	2oz		
	Carrots	½ cup		
	Congregate Only: Cream of Carrot Soup to replace Carrots	6oz		
	Mashed Potatoes	½ cup		
	Whole Wheat Bread	1 pc		
	Mixed Fruit	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Wednesday Two Compartment	Tuna Noodle Casserole			
	Tuna	3oz		
	Penne with Cream Sauce & Peas	5oz		
	Capri Blend	½ cup		
	Whole Wheat Dinner Roll	1 pc		
	Mandarins	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Thursday Two Compartment	Turkey Chili			
	Ground Turkey	3oz		
	White Beans & Vegetables	5oz		
	Green Beans	½ cup		
	MG Bread	1 pc		
	Applesauce	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Friday	Broccoli & Cheese Egg Bake	5oz		
	Roasted Potatoes	½ cup		
	Beets	½ cup		
	Fruit Loaf	1 pc		

	Yogurt	½ cup		
	Juice	½ cup		
	Ketchup	1 pc		
	Total			
Week 6	Item	Portion	Brand	Cost
Monday	Sliced Beef	3oz		
	Burgundy Sauce with Mushrooms	2oz		
	Mashed Potatoes	½ cup		
	Broccoli	½ cup		
	MG Bread	1 pc		
	Mixed Fruit	½ cup		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Tuesday	Old Neighborhood Hot Dog	1 pc		
	Baked Beans	½ cup		
	Warm Cinnamon Apples	½ cup		
	Coleslaw	½ cup		
	Hot Dog Roll	1 pc		
	Mustard	1 pc		
	Relish	1 pc		
	1% milk	8 oz		
	Total			
Wednesday Cold Meal	Turkey and Cranberry Salad	½ cup		
	Garden Salad	½ cup		
	Butternut Salad	½ cup		
	Pita Bread	½ pc		
	Salad Dressing	1 pc		
	Fresh Fruit	1 pc		
	1% milk	8 oz		
	Total			
Thursday Special Two Compartment	Congregate Only: Shrimp Scampi Shrimp Pasta Scampi Sauce Parsley Garnish	3oz ½ cup ½ cup		
	HDM: Chicken Scampi Chicken	3oz		

	Pasta	½ cup		
	Scampi Sauce	½ cup		
	Parsley Garnish			
	Capri Veggies	½ cup		
	Chocolate Berry Mousse	½ cup		
	Parmesan Cheese	1 pc		
	Garlic Dinner Roll	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			
Friday Two Compartment	Pasta Fagioli			
	White beans & Navy Beans,	8oz		
	carrots, celery, tomatoes, spinach,			
	& Ditalini Pasta	4 oz		
	Cauliflower	½ cup		
	Oat Bread	1 pc		
	Brownie Cookie	1 pc		
	Parmesan Cheese	1 pc		
	1% milk	8 oz		
	Margarine	1 pc		
	Total			

Regular Menu 6 Week Cycle - Served with 1% milk				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Biscuit ½ cup tapioca pudding	7 5oz Turkey A la King with mushrooms ½ cup Roasted Sweet Potatoes ½ cup Corn 1pc MG Bread ½ c Pineapple	8 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Parmesan Risotto ½ cup Broccoli 1pc Cookie 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts Congregate: Cream of Carrot Soup instead of the Brussels 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On top of ½ cup Pasta ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc WW Bread ½ cup canned Fruit	14 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	15 Special: 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Pineapple Upside Down Cake 1pc fortune cookie 1pc Dinner Roll (Congregate) 1pc LS Wheat Bread (HDM)	16 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 Fish Sandwich 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Berry Crisp 1pc Burger Bun ½ cup Garden Salad 1pc tarter sauce 1pc Dressing No Margarine
20 3oz Cod 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3oz Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 Birthday: 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Birthday Cake	23 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins	24 Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach Congregate: Spinach Salad w/oranges instead of the Garlic Spinach ½ cup Chocolate Pudding 1pc MG Bread
27 Chicken Fajitas 3oz Grilled Chicken 2oz Peppers & Onions ½ cup Spanish Rice ½ cup Black Beans 1pc Tortilla ½ cup canned fruit No Margarine	28 Meatball Sub 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Corn ½ cup Tater Tots 1pc Sub Roll ½ cup Mandarins No Margarine	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Mashed Potatoes Congregate: Hot Beet Soup (Borscht) instead of the Beets ½ cup Beets 1pc Cornbread ½ cup gelatin	30 3oz Baked Ham 2oz brown sugar glaze 4oz Mashed Sweet Potatoes ½ cup Bread Pudding 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 10oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange

Continued - Regular Menu 6 Week Cycle - Served with 1% milk

Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment 7oz Chicken and Sausage Gumbo 3oz diced Chicken and Sausage Crumbles 4oz Veg&Tomatoes (see recipe) ½ cup white Rice 1pc Biscuit 1pc Cookie	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots Cong: Cream of Carrot Soup to replace carrots ½ cup Mashed Potatoes 1pc WW Bread ½ cup Mixed Fruit	5 Two Compartment 8oz Tuna Noodle Casserole 3oz Tuna & 5oz Penne Noodles with sauce with Peas ½ cup Capri Blend 1pc WW Dinner Roll ½ cup Mandarins	6 Two Compartment 8oz Turkey Chili 3oz ground Turkey 5 ounce White Beans & Veggies ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
10 Beef Burgundy 3oz Beef 2oz Burgundy Sauce with mushrooms ½ cup Mashed Potatoes ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 Cold: 4oz Turkey & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	13 Special: Two Compartment Congregate: Shrimp Scampi w/ Linguine & parsley HDM: Chicken Scampi (strips) 4oz cavatappi 4oz sauce, parsley 4oz Capri Blend Vegetables ½ cup Chocolate Berry Mousse 1pc Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan

Vegetarian Menu 6 Week Cycle - Served with 1% milk				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Lentil Stew 4 oz Lentils 4oz Celery, Carrots, Garlic & Onions ½ cup mashed potatoes 1pc Biscuit ½ cup tapioca pudding	7 5oz Korean Soy Crumbles w/mushrooms & Soy, Ginger, Garlic & Brown sugar ½ cup Roasted Sweet Potatoes ½ cup Green Beans 1pc MG Bread ½ c Pineapple	8 3oz Baked Tempeh 2oz Balsamic Glaze ½ cup Parmesan Risotto ½ cup Broccoli 1pc Cookie 1pc Oat Bread	9 3oz Baked Tofu Cubes 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3 oz Breaded meatless “chick’n” patty ½ cup Mashed potato ½ cup Green Beans 1 pc WW Bread ½ cup canned Fruit 1pc Honey Mustard	14 1pc Cheese Omelet NO Turkey Sausage ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	15 3oz Baked Toft Cubes 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Pineapple Upside Down Cake 1pc fortune cookie 1pc LS Wheat Bread (HDM)	16 Two Compartment American Chop Suey 3oz Soy Crumbles ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 1pc Black Bean Veggie Burger ½ cup Mixed Vegetables ½ cup Berry Crisp 1pc Burger Bun ½ cup Garden Salad 1pc Dressing No Margarine
20 5oz Mediterranean White Bean Stew ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3pc Baked Tofu Cubes 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 1pc “meatloaf” with soy crumbles 2oz maple tomato glaze ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Birthday Cake	23 6oz Chickpea Tikka Marsala ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins	24 Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach ½ cup Chocolate Pudding 1pc MG Bread
27 Tempeh Fajitas 3oz Sliced Tempeh 2oz Peppers & Onions ½ cup Spanish Rice ½ cup Black Beans 1pc Tortilla ½ cup canned fruit No Margarine	28 Meatball Sub 3 oz Vegetarian Meatballs 4 oz Marinara Sauce ½ cup Corn ½ cup Tater Tots 1pc Sub Roll ½ cup Mandarins No Margarine	29 3oz Meatless Burger Patty 2oz vegetarian mushroom sauce ½ cup Mashed Potatoes ½ cup Beets 1pc Cornbread ½ cup gelatin	30 6oz Moroccan Garbanzo Bean Stew 4oz Mashed Sweet Potatoes ½ cup Bread Pudding 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 10oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange

Continued - Vegetarian Menu 6 Week Cycle - Served with 1% milk

Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment 8oz Tofu Pad Thai ½ cup Steamed Veggies 1pc Dinner Roll 1pc Cookie	4 6oz Coconut Curry Lentils ½ cup Carrots ½ cup Quinoa 1pc WW Bread ½ cup Mixed Fruit	5 Two Compartment 8oz Cheesy Penne Bake with Ricotta, mozzarella ½ cup Capri Blend 1pc WW Dinner Roll ½ cup Mandarins 1pc Parm Cheese	6 Two Compartment 8oz Vegetarian Chili ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
10 3 oz Vegetarian Meatballs 2oz Burgundy sauce ½ cup Mashed Potatoes ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 1pc Vegetarian Hot Dog ½ cup vegetarian baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 Cold: 4oz Curried Chickpea Salad ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	13 Two Compartment Veggie Fried Rice 9 oz veggie fried rice with 2 oz tofu, 1 oz eggs, ½ cup rice, 2oz peas & carrots 4oz Capri Blend Vegetables ½ cup Chocolate Berry Mousse 1pc Dinner Roll	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan

Carb Controlled Menu (Cardiac and Diabetic) - Served with Skim Milk				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Vienna Bread ½ cup Yogurt	7 3oz Turkey A la King with mushrooms ½ cup Roasted Sweet Potatoes ½ cup Green Beans 1pc MG Bread ½ c Pineapple	8 1pc Grilled Chicken 2oz Balsamic Sauce ½ cup Parmesan Risotto ½ cup Capri Blend 1pc Grahams 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc WW Bread ½ cup Applesauce	10 Two Compartment 1 pc Lasagna 4 oz Marinara Sauce ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread No Parmesan cheese ½ cup mandarins
13 3 oz Turkey Burger 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc WW Bread ½ cup canned Fruit	14 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Oat Bread ½ cup Yogurt 1pc Juice (no milk) NO Ketchup	15 3 oz Grilled Chicken 2 oz Orange Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1 slice MG bread 1pc Grahams	16 Two Compartment 8oz American Chop Suey 3oz Ground beef 5oz pasta & tomato sauce w/peppers & onions ½ cup Zucchini 1pc Honey Wheat Roll ½ cup mandarins	17 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Warm Blueberries 1pc WW Bread ½ cup Garden Salad 1pc Lemon Packet 1pc Menu Magic Dressing No Margarine
20 3oz Cod 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3pc Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Honey Wheat Roll ½ cup Pineapple	22 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Lorna Doones	23 1pc Grilled Chicken 2oz Marry Me Sauce ½ cup Quinoa ½ cup Capri Veg 1pc LS Wheat Bread 1pc Mandarins	24 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach ½ cup Yogurt 1pc MG Bread
27 Chicken Fajitas 3oz Grilled Chicken 20z Peppers & Onions ½ cup Zucchini ½ cup Black Beans 1pc Tortilla ½ cup canned fruit No Margarine	28 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Corn ½ cup Broccoli 1pc MG Bread ½ cup Mandarins	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc LS Wheat Bread ½ cup Yogurt	30 3oz Pork Roast 2oz Apricot Glaze 4oz Mashed Sweet Potatoes ½ cup Warm Apples 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 8oz Lentil Stew ½ cup Cauliflower 1 slice Oat Bread 1pc Fresh Orange
3 Two Compartment 8oz Chicken & Sausage Gumbo ½ cup white Rice 1pc Oat Bread 1pc Grahams	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Mashed Potatoes 1pc WW Bread ½ cup Canned Fruit	5 Two Compartment 7oz Tuna Noodle Casserole 3 oz Tuna 4oz Pasta, sauce & peas ½ cup Capri Blend 1pc Honey Wheat Dinner Roll ½ cup Mandarins	6 Two Compartment 8oz Ground Turkey & White Bean Chili ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc WW Bread 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup

Continued - Carb Controlled Menu (Cardiac and Diabetic) - Served with Skim Milk

Monday	Tuesday	Wednesday	Thursday	Friday
10 Beef Burgundy 3oz Beef 2oz Burgundy Sauce ½ cup Mashed Potatoes ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 3oz Roasted Pork 2oz Dijon Cream Sauce ½ cup Corn ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc WW Bread	12 Cold: 4oz Chicken & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Dressing 1pc Fresh Fruit (orange) No Margarine	13 Special: Two Compartment Chicken Scampi 3oz Chicken Strips 4oz cavatappi & parsley 4oz Scampi Sauce 4oz Capri Blend Vegetables ½ cup Yogurt No Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower No Bread 1pc Lorna Doones 1pc parmesan

Renal Menu (Reduced sodium, potassium and phosphorus) - Served with apple or cranberry juice				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup White Rice 1pc Vienna Bread ½ cup Yogurt	7 3oz Turkey A la King with mushrooms ½ cup Green Beans ½ cup Corn 1pc Dinner Roll ½ c Pineapple	8 1pc Grilled Chicken 2oz Balsamic Sauce ½ cup Parmesan Risotto ½ cup Capri Blend 1pc Grahams 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 1pc Lasagna 4 oz Red Pepper Sauce ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3oz Turkey Burger 2 oz gravy ½ cup Corn ½ cup Green Beans 1 pc Burger Bun ½ cup canned Fruit	14 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Peas ½ cup Honey Carrots 1pc LS Bread ½ cup Yogurt No Ketchup	15 Special: 3oz Grilled Chicken 2oz Orange Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Lorna Doones 1pc Dinner Roll	16 Two Compartment 3oz Ground beef ½ cup pasta w/olive oil 4oz Diced Peppers ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 Fish Sandwich 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Warm Blueberries 1pc Burger Bun ½ cup Garden Salad 1pc Lemon Packet 1pc Menu Magic Dressing No Margarine
20 3oz Cod 2oz Garlic & Herb Sauce ½ cup Corn ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3pc Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 Birthday: 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Cauliflower ½ cup Peas & pearl onions 1pc Oat Bread 1pc Grahams	23 1pc Grilled Chicken 2oz Citrus & Oregano au jus ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins	24 Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Carrots ½ cup Yogurt 1pc Dinner Roll
27 Chicken Fajitas 3oz Grilled Chicken 2oz Peppers & Onions ½ cup Spanish Rice ½ cup Zucchini 1pc Tortilla ½ cup canned fruit No Margarine	28 3 oz Chicken Meatballs 2oz Piccata Sauce ½ cup Corn ½ cup Broccoli 1pc Dinner Roll ½ cup Mandarins	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Orzo ½ cup Beets 1pc LS Wheat Bread ½ cup Yogurt	30 3oz Pork Roast 2oz Apricot glaze 4oz White Rice ½ cup Warm Apples 1pc Dinner Roll ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 8oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Fruit (No Orange)
3 Two Compartment 3oz Chicken 2oz Garlic & Herb Sauce 1 cup Vegetable Rice 1pc Oat Bread 1pc Grahams	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Quinoa 1pc Dinner Roll ½ cup Canned Fruit	5 Two Compartment 8oz Tuna & Noodle Casserole with peas ½ cup Capri Blend 1pc Dinner Roll ½ cup Mandarins	6 Two Compartment 3oz Ground Turkey 2oz Gravy & 4oz Rice ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Corn ½ cup Beets 1pc Dinner Roll 1pc Yogurt 1pc Juice (no milk) No Ketchup

Continued - Renal Menu (Reduced sodium, potassium and phosphorus) - Served with apple or cranberry juice				
Monday	Tuesday	Wednesday	Thursday	Friday
10 Beef Burgundy 3oz Beef 2oz Burgundy Sauce ½ cup Brown Rice ½ cup Broccoli 1pc Dinner Roll ½ cup Mixed Fruit	11 3oz Roasted Pork 2oz Dijon Cream Sauce ½ cup Corn ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc White Bread	12 Cold: 4oz Chicken & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (No Orange) No Margarine	13 Special: Two Compartment Chicken Scampi w/cavatappi & parsley 4oz Capri Blend Vegetables ½ cup Yogurt No Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment Veggie Fried Rice 9 oz veggie fried rice with 2 oz tofu, 1 oz eggs, ½ cup rice, 2oz peas & carrots ½ cup Steamed Veggies 1pc Oat Bread 1pc Lorna Doones

Low Lactose (also egg free) – Served with lactaid Milk				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup White Rice 1pc Vienna Bread 1pc Fresh Fruit	7 5oz Korean Ground Turkey w/mushrooms ½ cup Roasted Sweet Potatoes ½ cup Green beans 1pc MG Bread ½ c Pineapple	8 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Orzo ½ cup Broccoli 1pc Grahams 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce NO Mozzarella Cheese ½ cup Pasta ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3 oz Sliced Turkey 2 oz gravy ½ cup Corn ½ cup Green Beans 1 pc WW Bread ½ cup canned Fruit	14 3pc Breakfast Sausage 2oz Maple Glaze ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc LS Bread 1pc Fruit 1pc Juice (no milk) 1pc Ketchup	15 Special: 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Lorna Doones 1pc fortune cookie 1pc LS Wheat Bread	16 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 Fish Sandwich 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Warm Blueberries 1pc Burger Bun ½ cup Garden Salad 1pc Lemon Packet 1pc Dressing No Margarine
20 3oz Cod 2oz Garlic & Herb Sauce ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3pc Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 Birthday: 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Cauliflower ½ cup Peas & pearl onions 1pc Oat Bread 1pc Grahams	23 1pc Breaded Chicken (No Sauce) ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins 1pc Honey Mustard	24 Two Compartment ½ cup Spaghetti 4oz Lemon Sauce & 2oz Peas 4oz Carrots 1pc Fresh Fruit 1pc MG Bread
27 Chicken Fajitas 3oz Grilled Chicken 2oz Peppers & Onions ½ cup Spanish Rice ½ cup Black Beans 1pc Tortilla ½ cup canned fruit No Margarine	28 Meatball Sub 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Corn ½ cup Tater Tots 1pc Sub Roll ½ cup Mandarins No Margarine	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Orzo ½ cup Beets 1pc LS Wheat Bread ½ cup gelatin	30 3oz Baked Ham 2oz brown sugar glaze 4oz White Rice ½ cup Warm Apples 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 8oz Lentil Stew ½ cup Cauliflower 1 slice Oat Bread 1pc Fresh Orange
3 Two Compartment 8oz Chicken Strips & Sausage Gumbo ½ cup white Rice 1pc Oat Bread 1pc Grahams	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Quinoa 1pc WW Bread ½ cup Mixed Fruit	5 Two Compartment 1pc Breaded Fish ½ cup Buttered Pasta with ½ cup of Peas (no cream sauce) 1pc WW Dinner Roll ½ cup Mandarins	6 Two Compartment 8oz Ground Turkey & White Bean Chili ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Breaded Chicken ½ cup Roasted Potatoes ½ cup Beets 1pc WW Bread 1pc Fresh Fruit 1pc Ketchup

Continued - Low Lactose (also egg free) – Served with lactaid Milk

Monday	Tuesday	Wednesday	Thursday	Friday
10 Beef Burgundy 3oz Beef 2oz Burgundy Sauce ½ cup Brown Rice ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 Cold: 3oz Deli Turkey ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	13 Special: Two Compartment HDM: Chicken Scampi w/cavatappi & parsley 4oz Capri Blend Vegetables ½ cup canned Fruit No Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Lorna Doones No parmesan

Puree & Ground Menu - Served with 1% milk and “healthy shake”				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 4oz Carrots (no celery) ½ cup mashed potatoes 1pc Healthy Shake ½ cup pudding (no tapioca)	7 5oz Turkey A la King with mushrooms ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc Healthy Shake ½ cup pureed fruit	8 1pc Grilled Chicken 2oz Balsamic Sauce ½ cup Orzo ½ cup Peas 1pc Healthy Shake ½ cup yogurt	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Mashed Potatoes ½ cup Carrots ½ cup Applesauce 1pc Healthy Shake	10 Two Compartment 1pc Lasagna 4 oz Marinara Sauce ½ cup Spinach 1pc Healthy Shake ½ cup pureed fruit
13 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Butternut 1pc Healthy Shake ½ cup pureed fruit	14 1pc Cheese Omelet 1pc Turkey Sausage 1pc Mashed Potatoes ½ cup Honey Carrots 1pc Healthy Shake ½ cup Yogurt 1pc Juice (no milk)	15 Special: 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Beets 4oz Lo Mein 1pc Healthy Shake ½ cup pudding	16 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Cauliflower 1pc Healthy Shake ½ cup mandarins	17 3oz Breaded Pollock ½ cup Peas ½ cup Warm Peaches 1pc Healthy Shake ½ cup yogurt
20 3oz Cod 2oz Garlic & Herb Sauce ½ cup Mashed Potatoes ½ cup Carrots 1pc Healthy Shake ½ cup pureed fruit	21 3pc Pork 2oz Sweet and Sour Sauce 4oz Carrots ½ cup Mashed Potatoes 1pc Healthy Shake ½ cup pureed fruit	22 Birthday: 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas (no onions) 1pc Healthy Shake ½ cup yogurt	23 1pc Grilled Chicken 2oz Marry Me Sauce ½ cup Sweet Potatoes ½ cup Beets 1pc Healthy Shake ½ cup pureed fruit	24 Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach ½ cup Chocolate Pudding 1pc Healthy Shake
27 3oz Grilled Chicken 2oz Gravy ½ cup Mashed Potatoes ½ cup Carrots 1pc Healthy Shake ½ cup pureed fruit	28 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Pasta ½ cup Spinach 1pc Healthy Shake ½ cup pureed fruit	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Mashed Potatoes ½ cup Beets 1pc Healthy Shake ½ cup yogurt	30 3oz Baked Ham 2oz brown sugar glaze 4oz Mashed Sweet Potatoes ½ cup Warm Apples 1pc Healthy Shake ½ cup pudding	31 Two Compartment 10oz macaroni and cheese ½ cup Peas 1pc Healthy Shake ½ cup pureed fruit
3 Two Compartment 3oz Chicken Strips 2oz Garlic & Herb Sauce 1 cup Mashed Potatoes & Butternut Squash 1pc Healthy Shake ½ cup Pudding	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots ½ cup Mashed Potatoes 1pc Healthy Shake ½ cup Pureed Fruit	5 Two Compartment 8oz Tuna & Penne Noodles Casserole ½ cup Peas 1pc Healthy Shake ½ cup Pureed Fruit	6 Two Compartment 3oz Ground Turkey & Gravy 1 cup Mashed Sweet Potatoes 1pc Healthy Shake ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Mashed Potatoes ½ cup Beets 1pc Yogurt 1pc Juice (no milk) 1pc Healthy Shake

Continued - Puree & Ground Menu - Served with 1% milk and “healthy shake”

Monday	Tuesday	Wednesday	Thursday	Friday
10 Beef Burgundy 3oz Beef 2oz Burgundy Sauce ½ cup Mashed Potatoes ½ cup Peas 1pc Healthy Shake ½ cup Pureed Fruit	11 3oz Roasted Pork 2oz Dijon Cream Sauce ½ warm Cinnamon Apples ½ cup Sweet Potatoes 1pc Healthy Shake ½ cup Pudding	12 Cold: 3oz Turkey Salad (No Cranberries) ½ cup Pureed Fruit ½ cup Butternut Salad 1pc Healthy Shake ½ cup Yogurt	13 Two Compartment 3oz Chicken Scampi & 4oz cavatappi pasta with Sauce 4oz Carrots 1pc Healthy Shake ½ cup Pureed Fruit	14 Two Compartment 3oz Ravioli ½ cup Marinara ½ c Cauliflower 1pc Healthy Shake ½ cup Pureed Fruit

Latino Menu - Served with 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef & Guineitos 3oz Beef 2oz Guineitos 2oz Onions & Peppers ½ cup Carrots 1pc Biscuit ½ cup tapioca pudding	7 5oz Turkey Picadillo ½ cup White Rice ½ cup Green Beans 1pc MG Bread ½ c Pineapple	8 1pc Grilled Chicken with 2oz Sofrito, Tomato & Wine Sauce ** ½ cup Mashed Potatoes ½ cup Broccoli 1pc Cookie 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice & Red Beans ½ cup Brussels Sprouts 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese ½ cup Pasta ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3 oz Sliced Turkey 2 oz Guisado Sauce ½ cup Mashed Yucca ½ cup Green Beans 1 pc WW Bread ½ cup canned Fruit	14 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Plantains ½ cup Stewed Okra 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	15 Special: 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Pineapple Upside Down Cake 1pc fortune cookie 1pc Dinner Roll	16 Two Compartment 3oz Ground beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 4oz Unbreaded Pollock 2oz Cilantro, Cumin & Lime Sauce ½ cup Coconut Rice ½ cup Fruit Crisp 1pc WW Bread ½ cup Garden Salad 1pc Dressing No Margarine
20 4oz Cod 2oz Garlic & Ginger Sauce ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3pc Pork 2oz Roasted Eggplant 4oz Yellow Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 Birthday: 1pc “Latino” meatloaf with bacon ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Birthday Cake	23 1pc Grilled Chicken 2oz Citrus & Oregano au jus ½ cup Rice & Pigeon Peas ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins	24 Two Compartment ½ cup Spaghetti ½ cup vegetable marinara ½ cup Garlic Spinach ½ cup Chocolate Pudding 1pc MG Bread
27 Chicken Fajitas 5oz Grilled Chicken w/Peppers & Onions ½ cup Spanish Rice ½ cup Black Beans 1pc Tortilla ½ cup canned fruit No Margarine	28 3 oz Chicken Meatballs 4 oz Tomato & Garlic Sauce ½ cup Broccoli ½ cup Pasta 1pc Dinner Roll ½ cup Mandarins	29 3oz Steak & Onions*** ½ cup Mashed Yucca ½ cup Beets 1pc Cornbread ½ cup gelatin	30 3oz Baked Ham 2oz brown sugar glaze 4oz Roasted Sweet Potatoes ½ cup Bread Pudding 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment Dominican Rice and Shrimp* 5oz Shrimp w/Tomatoes & Olives & ½ cup White Rice ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange
3 Two Compartment Chicken & Rice 3oz Grilled Chicken & 4oz Rice (spices, onions, peppers & tomatoes) ½ cup Corn 1pc Biscuit 1pc Cookie	4 3 oz Pot Roast 2 oz citrus & oregano au jus ½ cup Carrots ½ cup Mashed Potatoes 1pc WW Bread ½ cup Mixed Fruit	5 Two Compartment 3oz Shrimp 2oz Garlic Lime Sauce ½ cup Coconut Rice ½ cup Capri Veggies 1pc WW Dinner Roll ½ cup Mandarins	6 Two Compartment 4oz Turkey Picadillo over ½ cup Brown Rice ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Mashed Yucca (no vinegar) ½ cup Beets 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk)

Continued - Latino Menu - Served with 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
10 3oz Sliced Beef 4oz Peppers, onions & mushrooms ½ cup Mashed Potatoes ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 1 Hot dog (LS Beef/pork) ½ cup charro beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 Cold: 2oz Deli Turkey 1oz Provolone Cheese ½ cup Garden Salad ½ cup Butternut Salad 2pc WW Bread 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	13 Special: Two Compartment 3 oz Chicken 4oz Scampi Sauce 4oz cavatappi & parsley 4oz Capri Blend Vegetables ½ cup Chocolate Berry Mousse 1pc Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment 6oz Stewed Pigeon Peas* with Peppers, Onions, Olives & Tomatoes over ½ cup White Rice ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan

Asian Menu - Served with 1% milk				
Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment 3oz sliced beef with 4oz Snap Peas 4oz Garlic & Soy Sauce 1oz Sesame Seeds ½ cup White Rice 1pc Fresh Fruit 1pc Dinner Roll	7 5oz Korean Ground Turkey with 2oz Mushrooms ½ cup Roasted Sweet Potatoes ½ cup Green Beans 1pc Fresh Fruit 1pc Dinner Roll	8 1pc Grilled Chicken 2oz Honey, Ginger & Garlic Sauce ½ cup Lo Mein ½ cup Broccoli 1pc Fresh Fruit 1pc Dinner Roll	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Steamed Vegetables 1pc Fresh Fruit 1pc Dinner Roll	10 Two Compartment 3oz Shrimp with 4oz Coconut Curry Sauce & ½ cup Steamed Veggies ½ cup cilantro & Lime Rice 1pc Fresh Fruit 1pc Dinner Roll
13 3pc chicken wings (Garlic powder, oyster sauce, soy sauce, Rice Vinegar) ½ cup Yucca ½ cup Green Beans 1pc Fresh Fruit 1pc Dinner Roll	14 5oz Tofu with Tomatoes ½ cup White Rice ½ cup Steamed Veggies 1pc Fresh Fruit 1pc Dinner Roll	15 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Dinner Roll 1pc Fresh Fruit	16 Two Compartment 3oz Ground Beef with 4oz Basil Sauce & ½ cup Peppers ½ cup Brown Rice 1pc Fresh Fruit 1pc Dinner Roll	17 4oz Unbreaded Pollock 2oz Chili & Lime Sauce ½ cup Coconut Rice ½ cup Warm Pineapple 1pc Dinner Roll ½ cup Garden Salad 1pc Dressing
20 3oz Cod 2oz Garlic & Ginger Sauce ½ cup Brown Rice ½ cup Steamed Veggies 1pc Dinner Roll 1pc Fresh Fruit	21 3pc Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 4oz Unbreaded Pollock 2oz Garlic & Ginger Sauce ½ cup Fried Rice ½ cup Steamed Veggies 1pc Dinner Roll 1pc Fresh Fruit	23 3oz Grilled Chicken 2oz Sesame Sauce 1oz Scallions ½ cup White Rice ½ cup Steamed Veggies 1pc Fresh Fruit 1pc Dinner Roll	24 Two Compartment 8oz Tofu Pad Thai ½ cup Steamed Veggies 1pc Dinner Roll 1pc Fresh Fruit
27 3oz Grilled Chicken w/Peppers & Onions & 2oz Kung Pow Sauce ½ cup White Rice ½ cup Steamed Vegetables 1pc Fresh Fruit 1pc Dinner Roll	28 3 oz Chicken Meatballs 2 oz Hoisin Sauce ½ cup Brown Rice ½ cup Steamed Vegetables 1pc Fresh Fruit 1pc Dinner Roll	29 3pc Chicken Dumplings 1/2 cup Vegetable Rice ½ cup Steamed Vegetables 1pc Fresh Fruit 1pc Dinner Roll	30 3oz Pork Rib 2oz Asian BBQ Sauce ½ cup Roasted Sweet Potatoes ½ cup Warm Pineapple ½ cup Garden Salad 1pc Dinner Roll 1pc Dressing	31 Two Compartment 3oz Shrimp & ½ cup Steamed Veggies & 4oz teriyaki Sauce ½ cup Lo Mein 1pc Fresh Fruit 1pc Dinner Roll
3 Two Compartment 7oz Chicken Pad Thai ½ cup Steamed Veggies 1pc Dinner Roll 1pc Fresh Fruit	4 3 oz Sliced Beef 2 oz Sesame Sauce 1 oz scallions & sesame seeds ½ cup Carrots ½ cup White Rice 1pc Dinner Roll 1pc Fresh Fruit	5 Two Compartment Shrimp & Vegetable Stir Fry 3oz Shrimp 4oz Asian Veggies 4oz Garlic Sauce ½ cup Coconut Rice 1pc Dinner Roll 1pc Fresh Fruit	6 Two Compartment 3oz Korean Ground Turkey with ½ cup Green Beans ½ cup Brown Rice 1pc Dinner Roll 1pc Fresh Fruit	7 3pc chicken wings 2oz Asian BBQ Sauce ½ cup Fried Rice ½ cup Steamed Veggies 1pc Fresh Fruit 1pc Dinner Roll

Continued - Asian Menu - Served with 1% milk

Monday	Tuesday	Wednesday	Thursday	Friday
10 Beef & Mushrooms 3oz Sliced Beef 2oz Garlic Ginger Sauce 2oz Mushrooms ½ cup Broccoli ½ cup Brown Rice 1pc Fresh Fruit 1pc Dinner Roll	11 3oz Five spice Pork ½ cup Vegetable Rice ½ cup Sauteed Cabbage 1pc Fresh Fruit 1pc Dinner Roll	12 Cold: 3oz Chilled Tofu w/Soy, Sesame oil, Scallions & Garlic ½ cup Cold Sesame Noodles ½ cup Garden Salad 1pc Dinner Roll 1pc Fresh Fruit 1pc menu magic Dressing	13 Two Compartment 3 oz Chicken 2oz Orange Sauce & ½ cup Steamed Veggies ½ cup Vegetable Lo Mein 1pc Dinner Roll 1pc Fruit	14 Two Compartment Veggie Fried Rice 9 oz veggie fried rice with 2 oz tofu, 1 oz eggs, ½ cup rice, 2oz peas & carrots ½ cup Steamed Veggies 1pc Fresh Fruit 1pc Dinner Roll

Cold Supper Menu - Served with Juice

Monday	Tuesday	Wednesday	Thursday	Friday
6 2oz Deli Turkey 1pc Provolone ½ cup Lentil Salad ½ cup Zucchini Salad 2pc Oat Bread ½ cup canned fruit	7 3oz Deviled Egg Salad ½ cup Three bean salad ½ cup Coleslaw ½ cup Applesauce 2pc WW Bread	8 Two Compartment 8oz Shrimp Pasta Salad with lemon, olive oil, mustard, celery, onion & dill ½ cup Spinach Salad 1pc Dinner Roll 1pc Gelatin 1pc Dressing	9 Asian Chicken Salad 1 cup Garden Salad 3oz Grilled Chicken (Marinated in Sesame Ginger Sauce) ½ cup Sesame Noodles ½ Pita Bread ½ cup Mandarins 1pc Salad Dressing	10 4oz Hummus ½ cup Tabbouleh ½ cup Broccoli Salad ½ pc Pita Bread 1pc Cookie
13 2 oz Ham 1 slice American Cheese ½ cup Pasta Salad ½ cup Marinated Vegetables ½ cup Applesauce 2pc LS Wheat Bread 1 pkt mustard	14 3oz Honey Mustard Chicken Salad ½ cup Chickpea Salad ½ cup Brussels Sprout Salad 1pc Cookie 2 slices Vienna Bread	15 Two Compartment Steak Salad 1 cup Garden Salad 3oz Roast beef ½ cup Potato Salad ½ Pita Bread 1pc Salad Dressing 1pc Fresh Fruit	16 ½ c Tarragon Turkey Salad ½ cup Sweet Potato Salad ½ cup Cucumber Salad ½ cup Canned Fruit 2 slices MG Bread	17 Two Compartment 7oz White Bean & Quinoa Salad ½ cup Green Bean Salad 1pc WW Dinner Roll ½ cup Pudding
20 Roast Beef Sandwich 2 oz Roast Beef 1 oz Provolone cheese ½ cup Butternut Salad ½ cup Brussels Salad ½ cup canned fruit 2 slices WW Bread 1 pkt Mayo	21 3oz Grilled Pesto Chicken ½ cup Farro Salad ½ Marinated Beets ½ cup Applesauce 1pc WW Burger Bun 1 pkt Mayo	22 Two Compartment Turkey Chef salad 2oz Turkey 1 oz Hard Boiled Egg 1 cup Mixed Green Salad ½ cup Sweet Potato Salad 1pc Yogurt ½ pc Pita Bread 1 pkt dressing	23 Italian Sandwich 1oz Ham 1oz Mortadella 1oz Salami 1 slice Provolone Cheese ½ cup Pasta Salad ½ cup Roasted Carrot Salad 1pc Sub Roll 1pc Fresh Fruit	24 Two Compartment 7oz Mediterranean Bean Salad* ½ cup Zucchini Salad 1pc Vienna Bread 1pc Cookie
27 Two Compartment 8oz Meat lovers Pasta Salad ½ cup Marinated Green Beans 1pc WW Dinner Roll ½ cup Mixed Fruit	28 Cuban sandwich 1 oz sliced pork 1 oz ham 1 slice Swiss cheese ½ cup Potato Salad ½ cup Coleslaw ½ cup Applesauce 2 slices Oat Bread 2 slices pickles 1 pkt mustard	29 ½ cup Chicken Salad ½ cup Corn Salad ½ cup Garden Salad 1pc Cookie 2 slices MG Bread 1pc Dressing	30 Two Compartment 8oz Tuna Pasta Salad with mayo, peas, celery, onion & dill ½ cup Tomato & Cucumber Salad 1pc Vienna Bread 1pc Fresh Fruit	31 4oz Cottage Cheese ½ cup Three Bean Salad ½ cup Pineapple 1pc Fruit Loaf 1pc Pudding 1pc Dressing

Continued - Cold Supper Menu - Served with Juice

Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment Caprese orzo Salad 4 oz Orzo with basil, oil, vinegar 3 oz cherry tomatoes 1 oz mozzarella cheese 1pc HB Egg ½ cup Zucchini Salad ½ cup gelatin 1pc WW Dinner Roll	4 2 oz Ham 1 slice American Cheese ½ cup Corn Salad ½ cup Garden Salad ½ cup Canned Fruit 2pc LS Wheat Bread 1 pkt mustard	5 BLT Sandwich 3pc Turkey Bacon 1 slice each Lettuce & Tomato ½ cup Potato Salad ½ cup Cucumber Salad 2pc Vienna Bread 1pc Fresh Fruit 1pc Mayo	6 3oz Egg Salad ½ cup Quinoa salad ½ cup Carrot Slaw 2pc Oat Bread 1pc Cookie	7 3oz Grilled Teriyaki Chicken ½ cup Lo Mein ½ cup Broccoli Salad 1pc Burger Bun ½ cup Applesauce
10 2 oz Ham 1 slice Swiss Cheese ½ cup Marinated Beets ½ cup Pasta Salad 1pc Cookie 2 slices WW Bread 1 pkt Mustard	11 3oz Seafood Salad ½ cup Sweet Potato Salad ½ cup Spinach Salad 2pc White Bread ½ cup canned Fruit 1pc Dressing	12 1 cup Tortellini Salad w/peas ½ cup Cucumber & Tomato Salad ½ cup Applesauce 1pc MG Bread	13 Two Compartment Turkey Cobb Salad 1oz Turkey .5 oz HC Egg 1 oz cheese .5 oz imitation bacon 1 cup Garden Salad w Tomato 1 Pkt Salad Dressing 1/2c Corn Salad 1pc Fresh Fruit 1/2 Pita bread	14 Two Compartment 2 oz Roast Beef 1 oz Provolone cheese ½ cup Potato Salad ½ cup Roasted Carrot Salad ½ cup Yogurt 2pc LS Wheat Bread 1pc Mayo

Regular Menu – Estimated Commodity & Purchasing use (Blue = purchasing & Green = Commodity)

Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment Beef Stew 3oz Beef 2oz Celery 2oz Carrots ½ cup mashed potatoes 1pc Biscuit ½ cup tapioca pudding	7 5oz Turkey A la King with mushrooms ½ cup Roasted Sweet Potatoes ½ cup Corn 1pc MG Bread ½ c Pineapple	8 1pc Grilled Chicken 2oz Citrus & Fennel Sauce ½ cup Parmesan Risotto ½ cup Broccoli 1pc Cookie 1pc Oat Bread	9 3oz Pork 2oz Honey Garlic Sauce ½ cup Brown Rice ½ cup Brussels Sprouts Congregate: Cream of Carrot Soup instead of the Brussels 1pc Vienna Bread ½ cup Applesauce	10 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ cup Zucchini & Summer Squash 1pc LS Wheat Bread ½ cup mandarins
13 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc WW Bread ½ cup sliced apples 1pc Dried Cranberries 1pc Cranberry sauce (congregate)	14 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Roasted Potatoes ½ cup Honey Carrots 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	15 Special: 3oz Grilled Chicken 2oz Teriyaki Sauce ½ cup Asian Vegetables 4oz Vegetable Lo Mein 1pc Pineapple Upside Down Cake 1pc fortune cookie 1pc Dinner Roll (Congregate) 1pc LS Wheat Bread (HDM)	16 Two Compartment American Chop Suey 3oz ground beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	17 Fish Sandwich 3oz Breaded Pollock ½ cup Mixed Vegetables ½ cup Berry Crisp 1pc Burger Bun ½ cup Garden Salad 1pc tarter sauce 1pc Dressing No Margarine
20 3oz Cod 2oz Mediterranean Sauce ½ cup Roasted Potatoes ½ cup Carrots 1pc WW Bread ½ cup Canned Fruit	21 3oz Pork 2oz Sweet and Sour Sauce 4oz Vegetable Rice ½ cup Green Beans 1pc Dinner Roll ½ cup Pineapple	22 Birthday: 1pc meatloaf (1.5oz ground beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas & pearl onions 1pc Oat Bread 1pc Birthday Cake	23 1pc Breaded Chicken 2oz Marry Me Sauce ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Mandarins	24 Two Compartment 3pc Cheese Ravioli 4oz Lemon Basil Butter Sauce 4oz Garlic Spinach Congregate: Spinach Salad w/oranges instead of the Garlic Spinach ½ cup Chocolate Pudding 1pc MG Bread
27 Chicken Fajitas 3oz Grilled Chicken Strips 2oz Peppers & Onions ½ cup Spanish Rice ½ cup Black Beans 1pc Tortilla ½ cup Mixed Fruit No Margarine	28 Meatball Sub 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Corn ½ cup Tater Tots 1pc Sub Roll ½ cup Mandarins No Margarine	29 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Mashed Potatoes Congregate: Hot Beet Soup (Borscht) instead of the Beets ½ cup Beets 1pc Cornbread ½ cup gelatin	30 3oz Baked Ham 2oz brown sugar glaze 4oz Mashed Sweet Potatoes ½ cup Bread Pudding 1pc Low Sodium Wheat Bread ½ cup Garden Salad 1pc Menu Magic Dressing	31 Two Compartment 10oz macaroni and cheese ½ cup Peas 1 slice Oat Bread 1pc Fresh Orange

Regular Menu – Estimated Commodity & Purchasing use (Blue = purchasing & Green = Commodity)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Two Compartment 8oz Chicken Strips & Sausage Gumbo ½ cup white Rice 1pc Biscuit 1pc Cookie	4 3 oz Yankee Pot Roast 2 oz Brown Gravy ½ cup Carrots Cong: Cream of Carrot Soup ½ cup Mashed Potatoes 1pc WW Bread ½ cup Mixed Fruit	5 Two Compartment 8oz Tuna & Penne Noodles Casserole with Peas ½ cup Capri Blend 1pc WW Dinner Roll ½ cup Mandarins	6 Two Compartment 8oz Ground Turkey & White Bean Chili ½ cup Green Beans 1pc MG Bread ½ cup Applesauce	7 1pc Broccoli & Cheese Egg Bake ½ cup Roasted Potatoes ½ cup Beets 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
10 Beef Burgundy 3oz Beef 4oz Burgundy Sauce ½ cup Mashed Potatoes ½ cup Broccoli 1pc MG Bread ½ cup Mixed Fruit	11 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	12 Cold: 3oz Turkey & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad ½ pc Pita Bread 1pc Dressing 1pc Fresh Fruit (orange) No Margarine	13 Special: Two Compartment Congregate: Shrimp Scampi w/ Linguine & parsley HDM: Chicken Scampi w/cavatappi & parsley 4oz Capri Blend Vegetables ½ cup Chocolate Berry Mousse 1pc Parm Cheese 1pc Garlic Dinner Roll	14 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc Brownie cookie 1pc parmesan 1pc Raisins

Monthly Specials

Each month we serve a special. These are planned well in advance. The cycle menus will be adjusted to accommodate the special each month. Any up charges must be discussed with the team prior to ordering.

<p><u>January (1/19)</u></p> <p>3pc Chicken Dumplings 4oz Colorful Vegetable Fried Rice (Carrots & peas for color) 4oz Sesame Ginger Broccoli & red peppers 1pc upside down pineapple cake 1pc fortune cookie 1pc Dinner Roll 1pc Sweet n'sour sauce</p>	<p><u>February (2/14):</u></p> <p>Two Compartment Tray CONG: Shrimp Scampi w/ Linguine & parsley HDM: Chicken Scampi w/cavatappi & parsley 4oz Capri Blend Vegetables 1pc Individual Red Velvet Cake w/ cream cheese 1pc Parm Cheese 1pc Garlic Dinner Roll</p>
<p><u>March (3/16):</u></p> <p>3oz Corned Beef with 2oz Au Jus on top of 1pc wedged cabbage 4oz Cubed Carrot & cubed turnip blend 4oz Steamed Potatoes with fresh parsley 1pc Crème De Menthe Bar 1pc Marble Rye</p>	<p><u>April (4/13):</u></p> <p>3oz Baked Ham 2oz brown sugar glaze 4oz Au gratin Potatoes 4oz Peas & Pearl onions 1pc Coconut Cake 1pc Parker House Roll</p>
<p><u>May: 5/11</u></p> <p>3oz Chicken Cordon Bleu 4oz Roasted Sweet Potatoes 4oz Strawberry Rhubarb Crisp 4oz Caesar Salad 1pc Caesar Dressing 1pc Croutons 1pc Onion Roll 1pc Flower</p>	<p><u>June: 6/15</u></p> <p>3oz BBQ Steak Tips 4oz Macaroni & Cheese 4oz Corn 1 pc Corn Cob (congregate) 1pc Blueberry Coffee Cake 1pc White dinner roll</p>
<p><u>July: 7/20</u></p> <p>Finger Sandwiches 1.5oz Chicken Salad 1.5oz Egg Salad 4oz Orzo Salad 4oz Cole Slaw</p>	<p><u>August 14th (WED)</u></p> <p>Two Compartment COLD meal Chicken Caesar for HDM Shrimp Caesar for Congregate 1 cup Mixed Green Salad 3oz marinated Chicken or</p>

4oz Fresh Fruit Salad (3 Melons) 2pc finger Roll	3oz Marinated Shrimp ½ cup Greek Pasta Salad ½ Pita Bread ½ Fruit Whip (Pineapple)
<u>Sept 19th (Thursday)</u> 5 oz Chicken Hawaiian w/Pineapple & Peppers ½ cup Island Style Fried Rice ½ cup Warm Pineapple Rhubarb ½ cup Tropical Slaw 1pc Dinner Roll	<u>October 23rd (Wed)</u> Two Compartment Gnocchi with sausage ½ Roasted Root Vegetables 1pc Pumpkin Square 1pc Garlic Roll
<u>November 11/21 (Thurs)</u> 3oz Roasted Turkey on top of ¼ cup stuffing with 2oz Gravy 4oz Whipped Potatoes 4oz Mashed Butternut Squash 1pc Cranberry Sauce 1pc Apple Pie 1pc Dinner Roll	<u>December 12/11 (Wed)</u> 3oz Ham 2oz Apple Glaze ½ cup Garlic Mashed Potatoes ½ Green Beans w/peppers ½ cup Mint Chocolate Mousse (or crushed candy cane) 1pc Parker House Roll

Traveling Chef Program

The traveling chef program is offered to all of our congregate and housing sites once a month. Agespan and the Providers design the menu well in advance. The meals showcase menu items typically not offered on the monthly congregate menus & offers the consumer and site an element of choice. Sample menus for the last year are provided below. The meal is displayed buffet style and served by a TRIO chef (for in person events) or as a drop off meal. Final numbers are provided to the Provider each month at least one week prior to the event. Currently, we are averaging 30 – 40 events per a month with a range of 20 – 150 meals per event. AgeSpan manages the calendar, menu requests and communicates with the sites & Providers. These events occur every day we are open and serving meals. There are often multiple events a day, offering one in person event per day and an unlimited number of drop of events.

	2024 Traveling Chef Menus
January	<p style="text-align: center;">Soup in Bread Bowl</p> <p style="text-align: center;">Choice of Beef Chili, Vegetarian Chili, corn chowder, clam chowder or Broccoli cheddar (Pick 2)</p> <p style="text-align: center;">Garden salad – Balsamic & Ranch dressing</p> <p style="text-align: center;">Brownie</p> <p style="text-align: center;">Bread Bowl</p>
Feb	<p style="text-align: center;">Asian Bowls</p> <p style="text-align: center;">Choice of Chicken, Beef, Tofu, Shrimp, Pork (Pick 2)</p> <p style="text-align: center;">Brown or White Rice or Lo mein noodles (Pick 1)</p> <p style="text-align: center;">Asian veggie blend, mandarins, Broccoli, Green Beans, mushrooms, Nappa Cabbage, Scallions, Bok Choy, Baby Corn (Pick 3)</p> <p style="text-align: center;">Pineapple Upside Down Cake</p> <p style="text-align: center;">Fortune Cookie</p>
March	<p style="text-align: center;">Breakfast for Lunch</p> <p style="text-align: center;">Omelet bar veggies, cheese, meat</p> <p style="text-align: center;">(broccoli, peppers, onions, spinach, American, cheddar, Swiss, ham)</p> <p style="text-align: center;">Waffles with Toppings: Strawberries, blueberries, whipped cream, chocolate chips, syrup or French Toast Sticks (Pick 1)</p> <p style="text-align: center;">Bacon</p> <p style="text-align: center;">Roasted Potatoes</p> <p style="text-align: center;">Fresh Fruit Salad</p>

April	<p style="text-align: center;">Taco Bar</p> <p style="text-align: center;">Soup: Tomato or corn Tortilla Soup (Pick 1)</p> <p style="text-align: center;">Protein: Seasoned Ground Beef, Chicken Strips, Beans, Tofu (Pick 2)</p> <p style="text-align: center;">Fillings: Lettuce, tomato, onions, salsa, sour cream, cilantro lime rice, Charro Beans, shredded cheese, Scallions, black olives (Pick 4)</p> <p style="text-align: center;">Tortilla: Hard Shell & Soft Shell (provide estimated number)</p> <p style="text-align: center;">Tres Leche Cake</p>	
May	<p style="text-align: center;">Carving station</p> <p style="text-align: center;">Choice of Turkey or Roast Beef or Ham (Pick 2)</p> <p style="text-align: center;">Gravy & Au jus</p> <p style="text-align: center;">Potatoes Au gratin, Steamed Potatoes, Stuffing, Mashed Potato, Mashed Sweet Potato (Pick 1)</p> <p style="text-align: center;">Butternut squash, Carrots, Green beans, Peas (Pick 2)</p> <p style="text-align: center;">Chocolate mousse</p> <p style="text-align: center;">Snowflake Roll</p>	
June	<p style="text-align: center;">Eggplant Parm or Chicken Parm</p> <p style="text-align: center;">Pasta: Penne & Linguini</p> <p style="text-align: center;">Marinara Sauce</p> <p style="text-align: center;">Salad: Caesar or Garden</p> <p style="text-align: center;">Parm Cheese</p> <p style="text-align: center;">Tiramisu</p> <p style="text-align: center;">Garlic Bread</p>	
July	<p style="text-align: center;">Option 1: Summer BBQ</p> <p>1pc BBQ Chicken Breast with bun, lettuce & cheese or BBQ Ribs or 1pc Hamburger, Bun with lettuce, tomato, cheese and 1pc Hot Dog with bun (Pick one)</p> <p>Potato Salad, Coleslaw, Pesto Pasta Salad, Garden Salad, Baked Beans, Mac and Cheese, potato chips (pick two)</p> <p>Dessert: Cookie or Brownie (pick one)</p> <p>Lemonade, milk or water (pick one)</p> <p>Condiments as requested: Ketchup, mustard, mayo, relish, dressing</p>	<p style="text-align: center;">Option 2: Salad & Soup</p> <p>1pc Chicken & Cranberry Salad Sandwich or Seafood Salad Sandwich (Pick one)</p> <p>Clam Chowder or Corn Chowder (pick one)</p> <p>½ cup Garden Salad</p> <p>1pc Salad Dressing</p> <p>1pc Bulkie Roll</p> <p>Juice, milk or water (pick one)</p> <p>1pc Strawberry Shortcake</p>

August	<p>Option 1: Summer BBQ</p> <p>1pc BBQ Chicken Breast with bun, lettuce & cheese or BBQ Ribs or 1pc Hamburger, Bun with lettuce, tomato, cheese and 1pc Hot Dog with bun (Pick One)</p> <p>Potato Salad, Coleslaw, Pesto Pasta Salad, Garden Salad, Baked Beans, Mac and Cheese, potato chips (pick two)</p> <p>Dessert: Cookie or Brownie (pick one)</p> <p>Lemonade, milk or water (pick one)</p> <p>Condiments as requested: Ketchup, mustard, mayo, relish, dressing</p>	<p>Option 2: Salad & Soup</p> <p>1pc Chicken & Cranberry Salad Sandwich or Seafood Salad Sandwich (Pick One)</p> <p>Clam Chowder or Corn Chowder (pick one)</p> <p>½ cup Garden Salad</p> <p>1pc Salad Dressing</p> <p>1pc Bulkie Roll</p> <p>Juice, milk or water (pick one)</p> <p>1pc Strawberry Shortcake</p>
September	<p>Option 1: Summer BBQ</p> <p>1pc BBQ Chicken Breast with bun, lettuce & cheese or BBQ Ribs or 1pc Hamburger, Bun with lettuce, tomato, cheese and 1pc Hot Dog with bun (Pick One)</p> <p>Potato Salad, Coleslaw, Pesto Pasta Salad, Garden Salad, Baked Beans, Mac and Cheese, potato chips (pick two)</p> <p>Dessert: Cookie or Brownie (pick one)</p> <p>Lemonade, milk or water (pick one)</p> <p>Condiments as requested: Ketchup, mustard, mayo, relish, dressing</p>	<p>Option 2</p> <p>Shrimp & Garlic Wine Sauce or Chicken Saltimbocca (Pick one)</p> <p>Creamy Risotto w/Toppings (on side) caramelized onions, broccoli, mushrooms, parmesan (pick two)</p> <p>½ cup Garden Salad</p> <p>1pc Salad Dressing</p> <p>1pc Garlic Roll</p> <p>1pc Tiramisu</p> <p>Juice, milk or water (pick one)</p>
October	<p>1pc Pork Schnitzel with sauce Or Sausages with Sauerkraut (Pick one)</p> <p>½ cup German Potato Salad or ½ cup Mashed Potato (Pick one)</p> <p>Carrots or Green Beans (Pick one)</p> <p>½ cup Apple Strudel</p> <p>1pc Dinner Roll</p> <p>1pc Margarine</p> <p>Juice, milk or water (pick one)</p>	
November	<p>Shepherd's Pie, Chicken Pot Pie, or Eggplant Parm w/Pasta (Pick one)</p> <p>Salad or Broccoli or Capri Veggies (Pick one)</p> <p>1pc Salad Dressing</p> <p>1pc Apple Pie</p> <p>Juice, milk or water (pick one)</p>	

December	<p style="text-align: center;">Carving Station</p> <p style="text-align: center;">Turkey, Roast Beef, Pork, Ham (Pick two with estimated numbers of each)</p> <p style="text-align: center;">Gravy & Au jus</p> <p style="text-align: center;">Potatoes Au gratin, Steamed Potatoes, Stuffing, Mashed Potato, Mashed Sweet Potato (Pick one)</p> <p style="text-align: center;">Butternut squash, Carrots, Green beans, Peas (Pick two)</p> <p style="text-align: center;">Gingerbread</p> <p style="text-align: center;">Snowflake Roll</p> <p style="text-align: center;">Juice, milk or water (pick one)</p>
----------	--