

|                             |                 |               |
|-----------------------------|-----------------|---------------|
| <b>CINCINNATI AREA SR</b>   | <b>Senior's</b> |               |
| <b>Site SERVICES</b>        | <b>Name</b>     |               |
| <b>Site</b>                 | <b>Delivery</b> | <b>Client</b> |
| <b>Phone (513) 721-4330</b> | <b>Day:</b>     | <b>number</b> |
| <b># of</b>                 | <b>Delivery</b> |               |
| <b>Meals</b>                | <b>Date:</b>    | <b>Route</b>  |

**Entrée - Beef**

|                                                                                   |                                                                           |                                                                                |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>BBQ Beef w/ Peas &amp; Onions and Potato Wedges</b>                            | <b>Country Fried Steak w/ Gravy, Potato Wedges, Green Beans</b>           | <b>Spaghetti &amp; Meatballs w/ Marinara, Italian Vegetables, Spinach</b>      |
| <b>Beef &amp; Noodles w/ Gravy, Green Beans, Carrots</b>                          | <b>Hamburger Patty, Baked Beans, Broccoli</b>                             | <b>Steak Hoagie w/ Gravy, Potato Wedges, Baked Beans</b>                       |
| <b>Beef Vegetable Stew w/ Carrots, Red Skin Potatoes, Peas, &amp; Green Beans</b> | <b>Meatloaf w/ Gravy, Mashed Potatoes, Carrots</b>                        | <b>Stuffed Cabbage Roll w/Marinara, Peas &amp; Onions, Yellow Squash - NEW</b> |
| <b>Chili Spaghetti, Vegetable Medley</b>                                          | <b>Salisbury Steak w/ Gravy, Whipped Sweet Potatoes, Mixed Vegetables</b> | <b>Swiss Steak w/ Tomatoes, Onion, Pepper, O'Brien Potatoes</b>                |

**Entrée - Chicken**

|                                                                                            |
|--------------------------------------------------------------------------------------------|
| <b>Baked Chicken w/ Gravy, Herb Dressing, Broccoli, Cauliflower</b>                        |
| <b>Chicken &amp; Potato Casserole, Broccoli</b>                                            |
| <b>Grilled Chicken w/ BBQ Sauce, Potato Wedges, Cheesy Broccoli</b>                        |
| <b>Italian Chicken w/ Marinara over Spaghetti, with Italian Vegetables, and Peas - NEW</b> |

**Entrée - Pork**

|                                                                              |
|------------------------------------------------------------------------------|
| <b>Hawaiian Pineapple Ham, Whipped Sweet Potatoes, Peas</b>                  |
| <b>Pork Cutlet w/ Gravy, Beets, Green Beans</b>                              |
| <b>Roast Pork Loin w/ Gravy, Brown Rice and Oregon Vegetable Blend - NEW</b> |

**Entrée - Seafood**

|                                                                           |
|---------------------------------------------------------------------------|
| <b>Lemon Pepper Fish w/ Brown Rice &amp; Scandinavian Vegetable Blend</b> |
| <b>Salmon Croquette, Butter Beans, Carrot Coins</b>                       |

**Entrée - Turkey**

|                                                                         |                                                                  |                                                                                              |
|-------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| <b>Roast Turkey w/ Gravy, Mashed Potatoes, Vegetable Medley</b>         | <b>Turkey Burger (charbroiled), Carrot Coins, and Peas - NEW</b> | <b>Turkey Tetrazzini (contains mushrooms), w/Brussel Sprouts &amp; Baked Cinnamon Apples</b> |
| <b>Smoked Turkey Sausage w/Sauerkraut, Mashed Potatoes, Green Beans</b> | <b>Turkey Ham &amp; Beans, Mixed Vegetables</b>                  |                                                                                              |

**Entrée - Vegetarian**

|                                                                                  |                                                                                      |                                                                                                      |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Asian Vegetables &amp; Rice (contains mushrooms), Peas, Pineapple Dessert</b> | <b>Cheese Pizza on whole grain crust w/ Peas &amp; Onions and Carrot Coins - NEW</b> | <b>Southwestern c.f. Omelet w/Cheese/Onion/Peppers, Stewed Tomatoes &amp; O'Brien Potatoes - NEW</b> |
| <b>Cheese Lasagna w/ Marinara, Italian Vegetables, Corn</b>                      | <b>Macaroni &amp; Cheese, Stewed Tomatoes, Green Beans</b>                           |                                                                                                      |



Senior's  
Name \_\_\_\_\_

Client # \_\_\_\_\_

CINCINNATI AREA SR  
SERVICES

Site \_\_\_\_\_

**Fruit or Juice - maximum of 1 per meal**

|                              |  |                   |  |                                                     |  |
|------------------------------|--|-------------------|--|-----------------------------------------------------|--|
| Apple Juice 100%             |  | Fresh Orange      |  | Peaches (diced)                                     |  |
| Applesauce cup (unsweetened) |  | Fruit Cocktail    |  | Pineapple Orange Juice 100%                         |  |
| Cranberry Juice              |  | Grape Juice 100%  |  | <b>Strawberry Applesauce (no sugar added) - NEW</b> |  |
| Fresh Apple                  |  | Orange Juice 100% |  | <b>Tomato Juice 100% (low sodium) - NEW</b>         |  |
|                              |  |                   |  | <b>NO FRUIT / Reduced Fruit per client request</b>  |  |

**1/2 gallons available only with 7 meals**

|                      |  |                        |  |                                    |  |
|----------------------|--|------------------------|--|------------------------------------|--|
| 1% Milk (half pint)  |  | Skim Milk (half pint)  |  | 2% Milk (half pint)                |  |
| 1% Milk (1/2 gallon) |  | Skim Milk (1/2 gallon) |  | 2% Milk (1/2 gallon)               |  |
|                      |  |                        |  | <b>NO MILK, per client request</b> |  |

**Bread - maximum of 1 half-loaf per box**

|                             |  |                              |  |                                     |  |
|-----------------------------|--|------------------------------|--|-------------------------------------|--|
| 100% Whole Wheat (1/2 loaf) |  | Whole Grain White (1/2 loaf) |  | <b>NO BREAD, per client request</b> |  |
|-----------------------------|--|------------------------------|--|-------------------------------------|--|

**Condiments - maximum of 1 per meal**

|               |  |                                                |  |                  |  |
|---------------|--|------------------------------------------------|--|------------------|--|
| Ketchup pkt   |  | Mayonnaise pkt                                 |  | Mustard pkt      |  |
| Margarine pkt |  | <b>Mrs. Dash Salt-Free Seasoning pkt - NEW</b> |  | Tartar Sauce pkt |  |

**Desserts / Snacks - maximum of 1 per meal**

|                                       |  |                               |  |                                                      |  |
|---------------------------------------|--|-------------------------------|--|------------------------------------------------------|--|
| Animal Cookies                        |  | Fruit & Grain Bar -Strawberry |  | <b>Oatmeal Cookie - NEW</b>                          |  |
| Chocolate Elf Cookies                 |  | Goldfish Cheese Crackers      |  | Sponge Cake Square (uniced)                          |  |
| Chocolate Sponge Cake Square (uniced) |  | Honey Scooters (single serve) |  | Toasty-Os (single serve)                             |  |
| Cinnamon Teddy Grahams                |  | Mini Pretzels                 |  | White Cheddar Popcorn                                |  |
|                                       |  |                               |  | <b>NO SNACKS / Reduced Snacks per client request</b> |  |
|                                       |  |                               |  |                                                      |  |

