CASS Cincinnati Area SENIOR SERVICES

Savory Selects by Derringer Company Cincinnati, Ohio KEEP FROZEN

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Site	**CINCINNATI AREA SENIOR SERVICES**	**Senior's Name**	**SAMPLE MENU**
Site Phone	**(513) 721-4330**	**Delivery Day:**	**Client #**
# of Meals		**Delivery Date:**	**Route**

Entrée - Beef

BBQ Beef w/ Peas & Onions and Potato Wedges

Beef & Noodles w/ Gravy, Green Beans, and Carrots

Cinci-Style Chili w/ Spaghetti, Broccoli and Kidney Beans - NEW

Country Fried Steak w/ Gravy, Potato Wedges and Green Beans

Hamburger Patty, Potato Wedges and Broccoli

Meatloaf w/ Gravy, Mashed Potatoes and Carrots

Salisbury Steak w/ Gravy, Whipped Sweet Potatoes, Mixed Vegetables

Spaghetti & Meatballs w/ Marinara, Italian Vegetables and Spinach

Steak Hoagie w/ Gravy, Potato Wedges and Baked Beans

Swiss Steak w/ Tomatoes, Peppers, & Onions, Carrots and O'Brien Potatoes

Entrée - Breakfast

Fried Egg & Turkey Sausage, Red Skin Potatoes and Green Beans - NEW

Southwestern c.f. Omelet w/ Tomatoes, Peppers, & Onions, Carrots and O'Brien Potatoes

WG Pancakes & Turkey Sausage, Corn and Diced Sweet Potatoes - NEW

Entrée - Chicken

Baked Chicken w/ Gravy, Herb Dressing, Broccoli and Cauliflower

Chicken & Potato Casserole, Broccoli

Chicken Tenders w/ Brown Rice, Green Beans and Carrots - NEW

Chicken Tikka Masala (spicy) w/ Brown Rice, Broccoli and Carrots - NEW

Grilled Chicken Breast, Green Beans and Yellow Squash - NEW

Entrée - Pork

Hawaiian Pineapple Ham, Whipped Sweet Potatoes and Peas

Pork Cutlet w/ Gravy, Beets and Green Beans

Roast Pork Loin w/ Gravy, Brown Rice and Mixed Vegetables

Entrée - Seafood

Lemon Pepper Fish w/ Brown Rice & Scandinavian Vegetable Blend

Fish Sticks, Peas, Potato Wedges, and Baked Cinnamon Apples - NEW

Salmon Croquette, Butter Beans, Carrot Coins

Entrée - Turkey

Roast Turkey w/ Gravy, Mashed Potatoes and Vegetable Medley

Smoked Turkey Sausage w/ Sauerkraut, Mashed Potatoes and Green Beans

Turkey Burger (charbroiled), Carrot Coins and Peas

Turkey Ham & Beans, Mixed Vegetables

Turkey Tetrazzini (contains mushrooms), w/ Brussel Sprouts and Baked Cinnamon Apples

Entrée - Vegetarian

Asian Vegetables & Rice (contains mushrooms), Peas, Baked Cinnamon Apples

Bean & Cheese Burrito, Zucchini and Corn - NEW

Cheese Lasagna w/ Marinara, Italian Vegetables and Squash

Cheese Pizza on whole grain crust w/ Peas & Onions and Carrot Coins

Macaroni & Cheese, Stewed Tomatoes and Green Beans

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NOTE: Menu subject to change without notice.

Senior's Name	SAMPLE MENU		Site	CINCINNATI ARE SENIOR SERVICE
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Fruit or Juice - *1 per meal*		**Bread** - *max. of 1 half-loaf per box*		**Desserts/Snacks** - *1 per meal*
Fruit Cocktail		100% Whole Wheat (½ loaf)		***Cheese Sandwich Crackers - NEW***
Peaches		Whole Grain White (½ loaf)		***Crispy Rice Treat - NEW***
Apple Juice 100%		**NO BREAD, per client request**		Cinnamon Teddy Grahams
Applesauce				Nutty Buddy wafer cookie
Cranberry Juice		**Condiments** - *1 per meal*		Fruit & Grain Bar -Strawberry
Grape Juice 100%		Margarine pkt		Goldfish Cheese Crackers
Orange Juice 100%		Ketchup pkt		Chocolate Sponge Cake Square (uniced)
Mixed Cut Fruit - New		Mustard pkt		Honey Scooters (single serve)
Strawberry Applesauce (unsweetened)		Mayonnaise pkt		***Crispy Rice Cereal (single serve) - NEW***
Seasonal Fresh Fruit - New		Tartar Sauce pkt		Oatmeal Cookie
Fresh Apple		***BBQ Sauce pkt - New***		White Cheddar Popcorn
Fresh Orange		***Sugar Free Syrup pkt - New***		Sponge Cake Square (uniced)
NO FRUIT / Reduced Fruit per client request		Mrs. Dash Salt-Free Seasoning pkt		**NO SNACKS / Reduced Snacks per client request**
		NO CONDIMENTS, per client request		

Milk - *1/2 gallon only available with 7 meals*		
1% Milk (half pint)		Skim Milk (half pint)
1% Milk (½ gallon)		Skim Milk (½ gallon)
Chocolate Milk (half pint)		2% Milk (half pint)
Chocolate Milk (½ gallon)		2% Milk (½ gallon)

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