

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Vitamin B12 and Healthy Aging

Vitamin B12 is an important nutrient that helps your body create red blood cells. It also keeps your nervous system healthy. As the body ages, it has trouble absorbing B12 and this could create a deficiency in older adults. Food Sources of Vitamin B12 include: meat, fish, poultry, eggs, milk, liver, and fortified cereal. Low levels of B12 can contribute to loss of appetite, mental confusion, mild depression, weakness, and fatigue.

*Adapted from nlm.nih.gov*

### Food Allergy Reference List Available @ 419-382-5791

A: Chicken Noodle Casserole <sup>1</sup>  
 B: Beef & Bow Tie Casserole  
 Whole Kernel Corn  
 Green Beans  
 Dinner Roll  
 Fruited Gelatin/Diet Gelatin  
 Milk | Margarine

A: Sausage Patty <sup>2</sup>  
 B: Broccoli Spinach Egg Bake  
 Oven Roasted Potatoes  
 Orange Juice  
 Biscuit  
 Apple Raisin Compote  
 Milk | Margarine | Jelly

A: Veal Marsala <sup>5</sup>  
 B: Honey Mustard Chicken  
 Whipped Potatoes  
 Green Peas & Red Peppers  
 Multi Grain Bread  
 Applesauce  
 Milk | Margarine

A: BBQ Chicken <sup>6</sup>  
 B: Beef Patty  
 Crispy Cubed Potatoes  
 Green Beans  
 Hamburger Bun  
 Fresh Fruit  
 Milk | Margarine

A: Beef Stroganoff <sup>7</sup>  
 B: Lemon Pepper Chicken  
 Broccoli & Cauliflower  
 Peach Cobbler/Hot Peaches  
 Multi Grain Bread  
 Milk | Margarine

A: Pork Loin Piccata <sup>8</sup>  
 B: Liver & Onions  
 Whipped Potatoes  
 Sliced Carrots  
 Wheat Bread  
 Blueberry Crumb Cake/Diet Cake  
 Milk | Margarine

A: Mushroom Chicken <sup>9</sup>  
 B: Macaroni & Cheese  
 Stewed Tomatoes  
 Mixed Vegetables  
 Wheat Bread  
 Fresh Fruit  
 Milk | Margarine

A: Meatloaf w/Gravy <sup>12</sup>  
 B: Pineapple Glazed Chicken  
 Cheesy Whipped Potatoes  
 Green Beans  
 Dinner Roll  
 Fresh Fruit  
 Milk | Margarine

A: Chicken Rice Casserole <sup>13</sup>  
 B: Creole Beef Patty  
 Carrots Amandine  
 Broccoli  
 Multi Grain Bread  
 Fresh Fruit  
 Milk | Margarine

A: Pork w/Supreme Sauce <sup>14</sup>  
 B: Turkey w/Supreme Sauce  
 Garden Rotini  
 Green & Red Cabbage  
 Wheat Roll  
 Pineapple Tidbits  
 Milk | Margarine

**ST. PATRICK'S DAY MEAL** <sup>15</sup>  
 A: Chicken Thigh w/Gravy  
 B: Corned Beef w/Cabbage  
 Red Potatoes  
 Sliced Carrots  
 Rye Bread  
 Pistachio Whip/Diet Gelatin  
 Milk | Margarine

A: Beef Fiesta Macaroni <sup>16</sup>  
 B: Chilaquiles Casserole  
 Spinach  
 Stewed Tomatoes  
 Wheat Roll  
 Apple Crisp/Hot Apples  
 Milk | Margarine

A: Lemon Pepper Chicken <sup>19</sup>  
 B: Teriyaki Meatballs  
 Parslied Potatoes  
 Brussels Sprouts  
 Wheat Bread  
 Fresh Fruit  
 Milk | Margarine

A: Cranberry Dijon Chicken <sup>20</sup>  
 B: Calypso Pork  
 Au Gratin Rotini  
 Mixed Vegetables  
 Wheat Bread  
 Fruit Cocktail  
 Milk | Margarine

A: Beef Chili <sup>21</sup>  
 B: BBQ Chicken Breast  
 Baked Potato  
 Green Peas  
 Breadstick  
 Pears  
 Milk | Margarine

A: Sliced Turkey w/Gravy <sup>22</sup>  
 B: Salisbury Patty w/Pepper Gravy  
 Country Potatoes  
 Capri Vegetables  
 Wheat Roll  
 Fruited Gelatin/Diet Gelatin  
 Milk | Margarine

A: Beef & Bowtie Casserole <sup>23</sup>  
 B: Pasta Primavera  
 Green Beans & Red Peppers  
 Sliced Carrots  
 Garlic Texas Bread  
 Birthday Cake  
 Milk | Margarine

A: Meatballs w/Spaghetti Sauce <sup>26</sup>  
 B: Chicken Parmesan  
 Spaghetti Noodles  
 Summer Vegetables  
 Wheat Roll  
 Pears  
 Milk | Margarine

A: Taco Beef <sup>27</sup>  
 B: Taco Chicken  
 Lettuce/Tomato/Cheese  
 Mexican Rice  
 Refried Beans  
 Flour Tortilla  
 Fresh Fruit  
 Milk | Taco Sauce | Sour Cream

A: Sliced Turkey w/Gravy <sup>28</sup>  
 B: Beef Patty w/Pepper Gravy  
 Whipped Potatoes  
 Brussels Sprouts  
 Wheat Roll  
 Fresh Fruit  
 Milk | Margarine

A: Garlic Rosemary Chicken <sup>29</sup>  
 B: Roast Beef w/Gravy  
 Oven Roasted Potatoes  
 Glazed Carrots  
 Multi Grain Bread  
 Sugar Cookie/Diet Cookies  
 Milk | Margarine

A: Ham & White Beans <sup>30</sup>  
 B: Vegetable Bean Stew  
 Tomato Spoon Relish  
 Garden Vegetables  
 Dinner Roll  
 Cranapple Crisp/Hot Apple Slices  
 Milk | Margarine