

Area 7 Agency on Aging and Disabled Nutrition Program

The Nutrition Program of Area 7 Agency on Aging and Disabled serves persons who are aged 60+ and persons who are disabled. For persons who are 60+, the meals are on a donation basis, and a \$2 donation per meal is recommended. Area 7 serves Clay, Parke, Putnam, Sullivan, Vermillion and

Vigo Counties in Indiana. The locations for the Area 7 Congregate Dining Sites listed below help determine if a site is within driving or walking distance for interested participants; however, advance reservations are required.

Anyone aged 60+ who would like to

try a meal at an Area 7 Congregate Dining Site should call the Area 7 Nutrition Department at (812) 238-1561 or toll-free 1-800-489-1561. Reservations must be made in advance. Those who are aged 60+ and/or disabled who would like to see if they qualify for

home delivered meals should call the Information and Assistance Department at (812) 238-1561 or toll-free at 1-800-489-1561.

All contributions for meals served in Area 7 Nutrition Sites are considered donations and are non-refundable.

REGULAR MENUS

"DONATIONS ARE APPRECIATED"

FEBRUARY 2012	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Noodles Mashed Potatoes Seasoned Green Beans Bread w/Margarine Applesauce Milk/Coffee/Tea 478 calories	2 Pork Loin w/sauce Broccoli Mashed Sweet Potatoes Bread w/Margarine Sherbet Milk/Coffee/Tea 594 calories	3 Hotdog w/Bun Pinto Beans Cauliflower Peaches Milk/Coffee/Tea 725 calories
	6 Turkey for Manhattan w/Mashed Potatoes Beets Mandarin Oranges Coffee Cake Milk/Coffee/Tea 683 calories	7 Hamburger Steak w/ Onions Creamed Corn Spinach Bread w/Margarine Strawberry Applesauce Milk/Coffee/Tea 638 calories	8 Lasagna Cauliflower - 1/2 cup Seasoned Green Beans - 1/2 cup Garlic Bread Pineapple - 1/2 cup Milk/Coffee/Tea 666 calories	9 Fish Square Diced Red Potatoes w/herbs - 1/2 cup Mixed Vegetables - 1/2 cup Bun • Fruited Jello Milk/Coffee/Tea 658 calories	10 Stuffed Baked Potato w/Meat & Shredded Cheese Broccoli Blueberry Muffin • Pears Milk/Coffee/Tea 920 calories
	13 Chicken w/Parmesan Creamed Limas Bread w/Margarine Berry Pear Crisp Tomato Juice Milk/Coffee/Tea 669 calories	14 Ham & Beans - 1 cup Pickled Beets - 1/2 cup Stewed Tomatoes - 1/2 cup Cornbread/Margarine Peaches - 1/2 cup Milk/Coffee/Tea 688 calories	15 Country Fried Steak w/White Gravy w/Mashed Potatoes Carrots • Bread w/Margarine Pineapple Milk/Coffee/Tea 666 calories	16 Sloppy Joe w/Bun Peas Hot Cinnamon Applesauce Oreo Dream Dessert Milk/Coffee/Tea 968 calories	17 Turkey Tetrizzini Mixed Vegetables Brussel Sprouts Roll w/Margarine Pears Milk/Coffee/Tea 672 calories
	20 PRESIDENTS DAY CLOSED	21 Meatloaf Baby Bakers Green Beans w/Shredded Carrots Bread w/Margarine Peaches Milk/Coffee/Tea	22 Garden Burger w/Bun Macaroni and Cheese Zucchini and Tomatoes Pears Milk/Coffee/Tea	23 Chicken Patty w/Bun Rosemary Red Potatoes Broccoli w/cheese sauce Mixed Berry Applesauce Milk/Coffee/Tea 613 calories	24 Tuna Salad w/Bread Vegetable Soup 1 Pack Crackers Steamed Cabbage Hot Applesauce Milk/Coffee/Tea
27 Chicken & Noodles Mashed Potatoes Spinach Bread w/Margarine Vanilla Fluff w/cherry filling Milk/Coffee/Tea 597 calories	28 Cheese Burger w/Bun Brussel Sprouts Corn Tropical Fruit Milk/Coffee/Tea 719 calories	29 Salisbury Steak Hominy Broccoli Bread w/Margarine Mixed Fruit Milk/Coffee/Tea 512 calories	These menus are served in the Area7 Agency on Aging and Disabled Nutrition Sites in Clay, Parke, Putnam, Sullivan, Vermillion and Vigo Counties only		Menus are subject to change due to the availability of food product. Note: We do not discriminate as to race, sex, or national origin ...

DIABETIC MENUS

These menus are provided by Mid-Land Meals, Inc. It will only meet state guidelines if recommended recipes and products are used.

FEBRUARY 2012	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Noodles Mashed Potatoes Green Beans Bread W/Margarine Applesauce Milk/Coffee/Tea 51 carbs	2 Pork Loin Broccoli Mashed Sweet Potatoes Bread W/Margarine Sherbet Milk/Coffee/Tea 55 carbs	3 Hotdog w/Bun Peas & Carrots Cauliflower Peaches Milk/Coffee/Tea 59 carbs
	6 Turkey for Manhattan w/Mashed Potatoes Beets - 1/2 cup Bread w/Margarine Mandarin Oranges Milk/Coffee/Tea 65 carbs	7 Hamburger Steak w/ Onions Corn Spinach Bread w/Margarine Strawberry Applesauce Milk/Coffee/Tea 58 carbs	8 Lasagna Cauliflower Green Beans Pineapple Milk/Coffee/Tea 50 carbs	9 Fish Square w/Bread Cabbage Mixed Vegetables w/Margarine Applesauce Milk/Coffee/Tea 67 carbs	10 Baked Potato w/BBQ Pork w/Sour Cream Broccoli Pears Milk/Coffee/Tea 66 carbs
	13 Chicken w/Parmesan Peas Bread w/Margarine Apple Slices Tomato Juice Milk/Coffee/Tea 62 carbs	14 Ham & Beans Cornbread w/Margarine Spinach Tater Tots Peaches Milk/Coffee/Tea 66 carbs	15 Country Fried Steak w/Mashed Potatoes Carrots Pineapple Milk/Coffee/Tea 70 carbs	16 Sloppy Joe w/Bread Peas Cauliflower w/Margarine Applesauce Milk/Coffee/Tea 51 carbs	17 Turkey Tetrizzini Mixed Vegetables Brussel Sprouts Pears Milk/Coffee/Tea 64 carbs
	20 PRESIDENTS DAY CLOSED	21 Ribbette Macaroni & Cheese Zucchini & Tomatoes Pears Milk/Coffee/Tea 61 carbs	22 Meatloaf Baby Bakers Green Beans w/shredded carrots Peaches Milk/Coffee/Tea 56 carbs	23 Chicken Patty w/Bread Red Potatoes w/Margarine Broccoli Mixed Berry Applesauce Milk/Coffee/Tea 66 carbs	24 BBQ Pork w/Bread Vegetable Soup Steamed Cabbage w/Margarine Pineapple Milk/Coffee/Tea 64 carbs
27 Chicken & Noodles Mashed Potatoes Spinach Mandarin Oranges Milk/Coffee/Tea 55 carbs	28 Cheese Burger w/Bread Brussel Sprouts Corn w/Margarine Tropical Fruit Milk/Coffee/Tea 58 carbs	29 Salisbury Steak w/Gravy Hominy Broccoli Bread w/Margarine Pears Milk/Coffee/Tea 65 carbs	Menus are subject to change due to the availability of food product. Note: We do not discriminate as to race, sex, or national origin ...		These menus are served in the Area7 Agency on Aging and Disabled Nutrition Sites in Clay, Parke, Putnam, Sullivan, Vermillion and Vigo Counties only

Want more information about aging and disability services? Call Area 7 Agency on Aging and Disabled at (812) 238-1561 or toll-free at 1-800-489-1561