

Menu



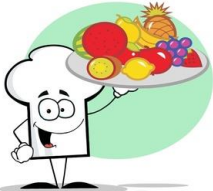
1 % Milk Served With Each Meal

LEMON CHEESE CAKE BARS

1-1/2 cups soft coconut macaroon cookie crumbs
 2 Tbsp. margarine, melted
 2 pkg. (8 oz. each) Cream Cheese, softened
 1/2 cup sugar
 1/2 tsp. zest and 1 Tbsp. juice from 1 lemon
 1/2 tsp. vanilla
 2 eggs

Heat oven to 350°F.
 Combine cookie crumbs and margarine; press onto bottom of 8-inch square
 Beat cream cheese, sugar, lemon zest, juice and vanilla in large bowl with mixer until blended.
 Add eggs, 1 at a time, mixing on low speed after each just until blended. Pour over crust.
 Bake 20 to 25 min. or until center is almost set. Cool completely. Refrigerate 3 hours.

Please call **687-4640** when you will not be home to receive your home delivered meal.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u> Turkey & Gravy Sliced Carrots Whipped Potatoes Wheat Bread Margarine Cup Fresh Oranges	<u>2</u> BBQ Chicken Breast 2.5oz Mixed Vegetables Cabbage Wheat Bread Margarine Applesauce	<u>3</u> Theme Day Baked Ham Smashed Potatoes Broccoli & Cheese Dinner Roll Margarine Birthday Cake	<u>4</u> Turkey Tetrizzini 8oz Steamed Broccoli Dinner Role Raisins Margarine	<u>5</u> Harvest Vegetable Soup Wheat Crackers 3pk Cottage Cheese 3oz Diced Peaches Saltine Crackers
<u>8</u> Sliced Turkey Whole Wheat Bun Vegetable Soup Raisins Saltines Mustard	<u>9</u> Baked Chicken Breast 2.5oz Mixed Vegetables Cabbage Wheat Bread Margarine Applesauce	<u>10</u> BBQ Pulled Chicken Cheesy Potatoes Green Beans Banana Whole Grain Bun	<u>11</u> Sloppy Joe Wheat Bread Parsley Potatoes Sliced Carrots Fresh Apple	<u>12</u> Pimento Cheese White Bread Cream of Broccoli Soup Sliced Peaches Saltines
<u>15</u> BBQ Pulled Pork Lima Beans California Blend Vegetables White Bread Pudding Pickles	<u>16</u> Italian Parmesan Chicken 2.5oz Potatoes Au Gratin Chopped Spinach White Bread Jell-O W/ Fruit Viner	<u>17</u> Polish Sausage 2oz Blackeye Peas Cabbage Whole Grain Bun Pineapple Tidbits Mustard	<u>18</u> Cheeseburger Whole Grain Bun Baked Beans Coleslaw Baked Apples Ketchup Onions	<u>19</u> No Congregate Meals Today
<u>22</u> Sliced Ham Wheat Bread Potato Soup Mixed Fruit Saltines Mayo	<u>23</u> Beef Frank Whole Grain Bun Roasted Potatoes Green Beans Chilled Yogurt Mustard	<u>24</u> Pork Roast Stuffing California Blend Whole Wheat Bread Margarine Tropical Fruit	<u>25</u> Bean Soup Creamy Cole Slaw Corn Bread Margarine Tropical Fruit	<u>26</u> Breaded Pork Chops Sweet Potatoes Peas & Carrots Wheat Bread Margarine Fruit Crisp
<u>29</u> Chicken Tetrizzini 6oz Italian Blend Wheat Bread Pineapple Cake Margarine	<u>30</u> Ham Salad 2oz White Bread Vegetable Soup Saltines Mandarin Oranges		Exercise Tips Maintain A HEALTHY BLOOD PRESSURE. EXERCISE IS AN EXCELLENT WAY TO LOWER STRESS AND KEEP YOUR BLOOD PRESSURE IN CHECK.	DIETARY TIPS INCLUDE WHOLE GRAINS IN YOUR DIET. YOU NEED AT LEAST 25 GRAMS OF FIBER DAILY. IT HELPS LOWER CHOLESTERAL AND AIDS IN DIEGESTION

Enjoy lunch at one of Daviess County's Nutrition Sites:

Adams Village: M, W, F at 11:30 am
 M.A.C.: M – F at 11:15 am
 Park Regency: M, W, Th at 11:30 am
 Roosevelt II: M, W, F at 11:30 am
 Whitesville: T – F at 11:30 am

Donations help provide additional meals at each congregare site. **The Suggested Donation is \$1.50 for meals.** The total cost of the meal is \$4.93. Anyone under the age of 60 who is not a spouse or dependent of a participant must pay full amount and wait to be served until all participants receive their meals

