





Monday	Tuesday	Wednesday	Thursday	Friday
  March 2018 Golden Circle Nutrition Menu				
5 Chicken Pot Pie Lima Beans Tossed Salad w/Dressing Peach Cobbler 2% Milk	6 Beef Burrito/Green Enchilada sauce Spanish Rice Mexican Corn Orange Yogurt 2% Milk	7 Chicken Marsala Roasted Red Potato Italian Vegetables Minestrone Soup Apple 2% Milk	1 Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad Pears Chocolate Chip Cookie 2% Milk	2 Baked Cod Olympia Potato Medley Italian Vegetables Roll Apple 2% Milk
12 BBQ Chicken Cream of Mushroom Soup Potato Salad Three Bean Salad Apple 2% Milk	13 Pepper Steak Brown Rice Steamed Broccoli Roll Strawberries Peanut Butter Cookie 2% Milk	14 Breaded Chicken Sandwich w/Lettuce & Tomato Chickpea Soup Orange 2% Milk	15 Corned Beef Cabbage, Carrots & Potatoes Rye Bread Pear Sugar Cookie Milk	16 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Tropical Fruit Roll High Fiber Cookie 2% Milk
19 Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa Tortillas Spanish Rice Black Beans Strawberries 2% Milk	20 BLT Black Bean Lentil Soup Macaroni Salad Tropical Fruit Sugar Cookie 2% Milk	21 Chicken Alfredo Penne Pasta Caesar Salad Peas Strawberries 2% Milk	22 Roast Beef w/ Gravy Mashed Potatoes Peas and Carrots Sunflower Broccoli Salad Cherry Cobbler 2% Milk	23 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Carrot Raisin Salad Oatmeal Raisin Cookie Orange 2% Milk
26 Meatballs w/ Marinara Pasta Green Beans Breadstick Strawberries V8 juice 2% Milk	27 Hamburger w / Lettuce, Tomato & Onion Carrots Cole Slaw Spiced Peaches 2% Milk	28 Chicken Piccata Pasta Cream of Potato Soup Broccoli Mandarin Orange High fiber Cookie 2% Milk	29 Pork Loin w/ Mushroom Sauce Tomato Basil Soup Roasted Sweet Potatoes Brussel Sprouts Pineapple Chocolate. Chip Cookie 2% Milk	30 Baked Parmesan Encrusted Salmon Rice Pilaf Broccoli Roll Apple 2% Milk



MAKE A RESERVATION BY CALLING 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE YOU STATE THE SITE LOCATION WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE.

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergency that may cause a temporary suspension of service.


Monday	Tuesday	Wednesday	Thursday	Friday
	 March 2018 Golden Circle Nutrition Menu	MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	1 Calories: 759 Carb: 97g Protein: 35g Fat: 27g Fiber: 14.9g Sodium: 967mg	2 Calories: 721 Carb: 89g Protein: 50g Fat: 18g Fiber: 11.8g Sodium: 1011mg
5 Calories: 929 Carb: 104g Protein: 31g Fat: 43g Fiber: 11.9g Sodium: 1040mg	6 Calories: 816 Carb: 121g Protein: 31g Fat: 26g Fiber: 10.9g Sodium: 1046mg	7 Calories: 669 Carb: 78g Protein: 42 g Fat: 18 g Fiber: 9.9 g Sodium: 981mg	8 Calories: 848 Carb: 109g Protein: 39g Fat: 30g Fiber: 12.0 g Sodium: 1091mg	9 Calories: 502 Carb: 73g Protein: 24g Fat: 10.4g Fiber: 9.8g Sodium: 939mg
12 Calories: 1238 Carb: 105g Protein: 49g Fat: 67g Fiber: 10.9g Sodium: 913 mg	13 Calories: 765 Carb: 101g Protein: 41g Fat: 21g Fiber: 11.8g Sodium: 846mg	14 Calories: 623 Carb: 69g Protein: 35g Fat: 23g Fiber: 9.9g Sodium: 1153mg	15 Calories: 678 Carb: 87g Protein: 27g Fat: 24g Fiber: 9.7 Sodium: 1571mg	16 Calories: 917 Carb: 130g Protein: 48g Fat: 21g Fiber: 13.1 g Sodium: 966mg
19 Calories: 822 Carb: 107g Protein: 39g Fat: 26g Fiber: 10.9 g Sodium: 996mg	20 Calories: 934 Carb: 90g Protein: 60g Fat: 37g Fiber: 10.8 g Sodium: 1157mg	21 Calories: 754 Carb: 104g Protein: 31g Fat: 24g Fiber: 11.6 g Sodium: 1062 mg	22 Calories: 904 Carb: 89g Protein: 39g Fat: 44g Fiber: 9.5g Sodium: 836mg	23 Calories: 851 Carb: 106g Protein: 24g Fat: 38g Fiber: 11.3g Sodium: 1098mg
26 Calories: 829 Carb: 104g Protein: 35g Fat: 31g Fiber: 11.2 g Sodium: 1167mg	27 Calories: 822 Carb: 77g Protein: 46g Fat: 36g Fiber: 11.4g Sodium: 887 mg	28 Calories: 951 Carb: 113g Protein: 47g Fat: 32g Fiber: 12.1 g Sodium: 913 mg	29 Calories: 724 Carb: 82g Protein: 39g Fat: 28g Fiber: 12.0g Sodium: 1121mg	30 Calories: 673 Carb: 86g Protein: 43g Fat: 18g Fiber: 11.6 g Sodium: 639mg

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Monday	Tuesday	Wednesday	Thursday	Friday
	 March 2018 Golden Circle Nutrition Sodium Count	MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	1 Sandy's Chicken Chile (412) Tortilla (221) Broccoli w/ Cheese (12) Carrot Raisin Salad (110) Pears (2) Chocolate Chip Cookie (80) 2% milk (130)	2 Baked Cod Olympia (245) Potato Medley (432) Italian Vegetables (32) Roll (170) Apple (2) 2% milk (130)
5 Chicken Pot Pie (594) Lima Beans (65) Tossed Salad w/Dressing (128) Peach Cobbler (123) 2% Milk (130)	6 Beef Burrito w/Green Enchilada Sauce (690) Spanish Rice (162) Mexican Corn (2) Orange (0) Yogurt (62) 2% Milk (130)	7 Chicken Marsala (561) Roasted Red Potatoes (80) Italian Vegetables (32) Minestrone Soup (176) Apple (2) 2% Milk (130)	8 Chicken Fried Steak (610) w/Country Gravy (31) Mashed Potato (172) Succotash (26) Pear (2) Oatmeal Raisin Cookie (120) 2% Milk (130)	9 Lasagna Roll w/ Marinara (555) California Vegetables (44) Breadstick (180) Tossed Salad (30) Orange (0) 2% Milk (130)
12 BBQ Chicken (324) Cream of Mushroom Soup (215) Potato Salad (193) Three Bean Salad (49) Apple (2) 2% Milk (130)	13 Pepper Steak (307) Brown Rice (89) Steamed Broccoli (12) Roll (170) Strawberries (3) Peanut Butter Cookie (135) 2% Milk (130)	14 Breaded Chicken Sandwich w/Lettuce & Tomato (851) Chickpea Soup (172) Orange (0) 2% Milk (130)	15 Corned Beef (1035) Cabbage, Carrots & Potatoes (49) Rye Bread (250) Pear (2) Sugar Cookie (105) Milk (130)	16 Baked Citrus Tilapia (317) Lemon Herb Rice (75) Mixed Vegetables (51) Tropical Fruit (15) Roll (165) High Fiber Cookie (213) 2% Milk (130)
19 Beef Fajita/ Peppers Onions, Cheese, Sour Cream & Salsa. (151) Tortillas (441) Spanish Rice (163) Black Beans (108) Strawberries (3) 2% Milk (130)	20 BLT (591) Black Bean Lentil Soup (143) Macaroni Salad (79) Tropical Fruit (14) Sugar Cookie (105) 2% Milk (130)	21 Chicken Alfredo (584) Penne Pasta (2) Caesar Salad (316) Peas (122) Strawberries (3) 2% Milk (130)	22 Roast Beef w/Gravy (68) Mashed Potatoes (173) Peas and Carrots (90) Sunflower Broccoli Salad (180) Cherry Cobbler (195) 2% Milk (130)	23 Crab Cakes (600) Broccoli Cheddar Rice (68) Green Bean Almandine (53) Carrot Raisin Salad (127) Oatmeal Raisin Cookie (120) Orange (0) 2% Milk (130)
26 Meatballs w/ Marinara (709) Pasta (2) Green Beans (53) Breadstick (180) Strawberries (3) V8 Juice (90) 2% Milk (130)	27 Hamburger w / Lettuce, Tomato & Onion (348) Carrots (91) Cole Slaw (312) Spiced Peaches (6) 2% Milk (130)	28 Chicken Piccata w/ Pasta (334) Cream of Potato Soup(196) Broccoli (34) Mandarin Orange (6) High Fiber Cookie (213) 2% Milk (130)	29 Pork Loin w/ Mushroom Sauce (202) Tomato Basil Soup (246) Roasted Sweet Potatoes (201) Brussel Sprouts (261) Pineapple (1) Chocolate Chip Cookie (80) 2% Milk (130)	30 Baked Parmesan Encrusted Salmon (232) Rice Pilaf (93) Broccoli (12) Roll (170) Apple (2) 2% Milk (130)

The number in parentheses next to each meal items lists the milligrams of sodium fro that item. You may find this information helpful if you are concerned about your heart or blood pressure. . If you would like additional information, please contact Avis Ponder at Golden Circle Nutrition and she will assist you with an appointment with our dietitian.

Monday	Tuesday	Wednesday	Thursday	Friday
 SILVER KEY March 2018 Golden Circle Nutrition Carbohydrate Count		MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	1 Sandy's Chicken Chile (19) Tortilla (15) Broccoli w/Cheese (6) Carrot Raisin Salad (19) Pears (15) Chocolate Chip Cookie (11) 2% Milk (12)	2 Baked Cod Olympia (0) Potato Medley (31) Italian Vegetables (6) Roll (19) Apple (21) 2% Milk (12)
5 Chicken Pot Pie (34) Lima Beans (22) Tossed Salad w/Dressing (7) Peach Cobbler (29) 2% Milk (12)	6 Beef Burrito/Green Enchilada Sauce (37) Spanish Rice (19) Mexican Corn (21) Orange (21) Yogurt (11) 2% Milk (12)	7 Chicken Marsala (3) Roasted Red Potatoes (18) Italian Vegetables (6) Minestrone Soup (18) Apple (21) 2% Milk (12)	8 Chicken Fried Steak w/Country Gravy (24) Mashed Potatoes (15) Succotash (18) Pear (22) Oatmeal Raisin Cookie (18) 2% Milk (12)	9 Lasagna Roll w/ Marinara (22) California Vegetables(6) Breadstick (16) Tossed Salad (6) Orange (11) 2% Milk (12)
12 BBQ Chicken (14) Cream of Mushroom Soup (11) Potato Salad (26)) Three Bean Salad (21) Apple (21) 2% Milk (12)	13 Pepper Steak (3) Brown Rice (24) Steamed Broccoli (6) Roll (19) Strawberries (20) Peanut Butter Cookie (17) 2% Milk (12)	14 Breaded Chicken Sandwich w/ Lettuce & Tomato (35) Chickpea Soup (11) Orange (11) 2% Milk (12)	15 Corned Beef (1) Cabbage, Carrots & Potatoes (17) Rye Bread (18) Pear (22) Sugar Cookie (17) Milk (12)	16 Baked Citrus Tilapia (2) Lemon Herb Rice (23) Mixed Vegetables (15) Tropical Fruit (17) Roll (18) High Fiber Cookie (43) 2% Milk (12)
19 Beef Fajita w/ Peppers Onions, Cheese, Sour Cream & Salsa (9) Tortillas (30) Spanish Rice (18) Black Beans (18) Strawberries (20) 2% Milk (12)	20 BLT (29) Black Bean Lentil Soup (18) Macaroni Salad (11) Tropical Fruit (17) Sugar Cookie (17) 2% Milk (12)	21 Chicken Alfredo (5) Penne Pasta (29) Caesar Salad (9) Peas (15) Strawberries (20) 2% Milk (12)	22 Roast Beef w/ Gravy (2) Mashed Potato (14) Peas and Carrots (12) Sunflower Broccoli Salad (11) Cherry Cobbler (38) 2% Milk (12)	23 Crab Cakes (22) Broccoli Cheddar Rice (12) Green Bean Almandine (9) Carrot Raisin Salad (22) Oatmeal Raisin Cookie (18) Orange (11) 2% Milk (12)
26 Meatballs w/ Marinara (11) Pasta (29) Green Beans (9) Breadstick (16) Strawberries (20) V8 Juice (7) 2% Milk (12)	27 Hamburger w/ Lettuce, Tomato & Onion (28) Carrots (11) Cole Slaw (13) Spiced Peaches (13) 2% Milk (12)	28 Chicken Piccata (2)) Pasta (21) Cream of Potato Soup (17) Broccoli (6) Mandarin Orange (12) High Fiber Cookie (43) 2% Milk (12)	29 Pork Loin w/ Mushroom Sauce (2) Tomato Basil Soup (10) Roasted Sweet Potatoes (22) Brussel Sprouts (8) Pineapple (17) Chocolate Chip Cookie (11) 2% Milk (12)	30 Baked Parmesan Encrusted Salmon (6) Rice Pilaf (23) Broccoli (5) Roll (19) Apple (21) 2% Milk (12)

The number in parentheses next to each meal items lists the grams of carbohydrate from that item. You may find this information helpful if you are diabetic or watching carbohydrates. If you would like additional information, please contact Avis Ponder at Golden Circle Nutrition and she will assist you with an appointment with our dietitian.