

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken strips, 1 vegetable side, Fruit, and bread Bacon, Egg, and cheese on bun with vegetable and fruit Chef Salad with bread and fruit	3 2 Strips of bacon, 1 Egg, Home Fries and Toast with Fruit Fish Sandwich with vegetable And fruit Chef Salad with bread and fruit	4 Beef and Noodles with Vegetable side and Fruit Grilled Chicken Sandwich with Cheese, vegetable and Fruit Chef Salad with bread and fruit	5 Spaghetti with vegetable side, And fruit Grilled Tuna Salad Sandwich. Vegetable, and fruit Chef Salad with bread and fruit	6 Roast Beef, vegetable , Fruit, And bread with butter Sausage, egg, and cheese Sandwich, vegetable , and fruit Chef Salad with bread and fruit
9 Hamburger Gravy over Mashed Potatoes and toast and fruit Cheeseburg, Fruit, and Vegetable Chef Salad with bread and fruit	10 Grilled Chicken with Rice, Fruit, And vegetable side Sloppy Joe, vegetable, and fruit Chef Salad with bread and fruit	11 Chicken and Noodles, fruit, And vegetable side Ham, Egg, and Cheese on a Croissant, fruit, and vegetable Chef Salad with bread and fruit	12 Two sausage links, 1 pancake, Vegetable, And fruit BLT with fruit Chef Salad with bread and fruit	13 Meatloaf, vegetable , fruit, And bread with butter Ham, egg, and cheese Burrito. Vegetable and fruit Chef Salad with bread and fruit
16 Chicken Strips, vegetable , Fruit, and Bread with Butter 1/2 Triple Grilled Cheese, 1 Vegetable , and Fruit Chef Salad with bread and fruit	17 Cream Chicken over biscuit, Vegetable, and Fruit Egg Salad Sandwich, vegetable , And Fruit Chef Salad with bread and fruit	18 Roast Pork, fruit, vegetable, And bread Cheeseburger, vegetable, and Fruit Chef Salad with bread and fruit	19 Haystack with home fries, 1 egg, Fruit and toast 1/2 Reuben with vegetable , and Fruit Chef Salad with bread and fruit	20 Roast Beef, vegetable , Fruit, And bread with butter Batter dipped fish sandwich, Vegetable, and fruit Chef Salad with bread and fruit
23 Goulash, vegetable side, And fruit Smoked Sausage Sandwich, Vegetable, and Fruit Chef Salad with bread and fruit	24 Ham and Scalloped Potatoes Fruit, and bread Ham, Egg, and Cheese Burrito Vegetable , and fruit Chef Salad with bread and fruit	25 Beef and Noodles, fruit, and Vegetable side Stacked Ham and Swiss Sandwich, vegetable , and fruit Chef Salad with bread and fruit	26 Sausage and Potatoes, Fruit, and bread 1/2 Club with vegetable and Fruit Chef Salad with bread and fruit	27 Meatloaf, vegetable , fruit, And bread with butter Chicken salad sandwich with Vegetable and fruit Chef Salad with bread and fruit

*Please be aware that our food may contain or come into contact with common allergens, such as milk, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, and sesame.

*Milk served with every meal

*Ingredients available upon request

10/30/23 - *KT Francisco* RDN, LD

MONTH Nov-23 *The Home Restaurant*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Oct Goulash, vegetable, and fruit Bacon, egg, and cheese on bun, Vegetable and fruit Chef salad, fruit, and bread	31-Oct Cream chicken over mashed Potato and biscuit with fruit Tuna salad sandwich, fruit, And vegetable Chef salad, fruit, and bread	1 Roast pork, vegetable, fruit, And bread 1/2 club with vegetable, and Fruit Chef salad, fruit, and bread	2 Country fried steak, fruit, Vegetable, and bread Hot chicken sandwich fruit, And vegetable Chef salad, fruit, and bread	3 Roast beef, vegetable, fruit, And bread Fish sandwich, vegetable, And fruit Chef salad, fruit, and bread
6 Chicken strips, vegetable, Fruit, and bread BLT and fruit Chef salad, fruit, and bread	7 Ham and scalloped potatoes, Fruit and bread Pizza burger, vegetable, and Fruit Chef salad, fruit, and bread	8 Beef and noodles, fruit, and Vegetable Cheeseburger, fruit, and Vegetable Chef salad, fruit, and bread	9 2 strips of bacon, 1 egg, Home fries, toast, and fruit 1/2 Reuben with fruit and Vegetable Chef salad, fruit, and bread	10 Meatloaf, vegetable, fruit, And bread Roast beef sandwich, fruit, And vegetable Chef salad, fruit, and bread
13 Grilled chicken over rice, fruit, And vegetable Cheeseburger, fruit, and Vegetable Chef salad, fruit, and bread	14 2 sausage links, 1 pancake, Fruit, and vegetable Ham, egg, and cheese burrito, Vegetable, and fruit Chef salad, fruit, and bread	15 Spaghetti, fruit, and Vegetable Hot chicken sandwich, fruit, And fruit vegetable Chef salad, fruit, and bread	16 Haystack with home fries, 1 egg, fruit, and toast Grilled cheese, fruit, and Vegetable Chef salad, fruit, and bread	17 Roast beef, vegetable, fruit, And bread BLT and fruit Chef salad, fruit, and bread
20 Goulash, vegetable and fruit Sausage, egg, and cheese on Bun, fruit and vegetable Chef salad, fruit, and bread	21 Ham and scalloped potatoes, Fruit and bread BLT and fruit Chef salad, fruit, and bread	22 Hamburger gravy over mashed Potato and toast with fruit Egg salad sandwich, fruit, And vegetable Chef salad, fruit, and bread	23 Happy Thanksgiving	24 Meatloaf, vegetable, fruit, And bread Ham, egg, and cheese burrito, Vegetable and fruit Chef salad, fruit, and bread
27 Chicken strips, vegetable, fruit, And bread Cheeseburger, fruit, and Vegetable Chef salad, fruit, and bread	28 Haystack with home fries, 1 egg, fruit, and toast Chicken salad sandwich, fruit, And vegetable Chef salad, fruit, and bread	29 Beef manhattan with mashed Potatoes, and fruit Sloppy Joe, fruit, and Vegetable Chef salad, fruit, and bread	30 Roast pork, vegetable, fruit, And bread Dx Grilled chicken sandwich With fruit Chef salad, fruit, and bread	

*Ingredients available upon request

*Please be aware our food may contain or come into contact with common allergens, such as milk, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish, and sesame.

*Milk served with every meal.

10/30/23 - *[Signature]* RDN, LD

October 30, 2023

To Whom It May Concern,

I have reviewed the menu options provided by The Home Restaurant for the Archbold Adult Day Care. These options provide one-third of the recommended dietary reference intake (DRI) and follows the 2020-2025 Dietary Guidelines for Americans. I have also reviewed and approved the snack options. The menu accommodates religious, cultural, ethnic, dietary preferences including kosher meals, and medical restrictions.

Respectfully,

A handwritten signature in black ink that reads "Krista DiFrancesco RDN, LD". The signature is written in a cursive, flowing style.

Krista DiFrancesco RDN, LD

Registered, Licensed Dietitian

Healthier Snack Options

PB whole wheat crackers/celery (1 TBS of PB, 5 crackers)

PB and a few sticks of carrots (1 TBS of PB)

Cottage Cheese (½ cup)

Low Butter/Butter Free popcorn (1 cup)

Large container of instant oatmeal – this is a great snack for controlling blood sugars just add water and microwave. Stay true to the serving size of oatmeal. (i.e. ½ cup of dry/cooked)

Buy some fruit cocktail (light syrup, natural juices or in water) to open and give as a snack (1/2 cup)

Buy a can of beets to keep on hand (1/2 cup)

Notes

Buy a set of measuring cups/spoons if you don't already have a set

Buy one large jar of reduced-fat peanut butter and measure out one tablespoon per person

Offer carrots with snacks if they are still "hungry"

Keep the budget low, try and save money if all possible

W. DiFrancesco RDN, LD - 10/30/23