



2017 by Derringer

MAPLE KNOLL OUTREACH SERVICES		Senior's Name
Site	SERVICES	Delivery
Phone	(513) 686-1003	Day:
# of Meals		Delivery Date: _____
		Route _____

Entrée - Beef		
BBQ Beef w/ Peas & Onions and Potato Wedges	Country Fried Steak w/ Gravy, Potato Wedges, Green Beans	Spaghetti & Meatballs w/ Marinara, Italian Vegetables, Spinach
Beef & Noodles w/ Gravy, Green Beans, Carrots	Hamburger Patty, Baked Beans, Broccoli	Steak Hoagie w/ Gravy, Potato Wedges, Baked Beans
Beef Vegetable Stew w/ Carrots, Red Skin Potatoes, Peas, & Green Beans	Meatloaf w/ Gravy, Mashed Potatoes, Carrots	Stuffed Cabbage Roll w/Marinara, Peas & Onions, Yellow Squash - NEW
Chili Spaghetti, Vegetable Medley	Salisbury Steak w/ Gravy, Whipped Sweet Potatoes, Mixed Vegetables	Swiss Steak w/ Tomatoes, Onion, Pepper, O'Brien Potatoes

Entrée - Chicken	
Baked Chicken w/ Gravy, Herb Dressing, Broccoli, Cauliflower	
Chicken & Potato Casserole, Broccoli	
Grilled Chicken w/ BBQ Sauce, Potato Wedges, Cheesy Broccoli	
Italian Chicken w/ Marinara over Spaghetti, with Italian Vegetables, and Peas - NEW	

Entrée - Pork	
Hawaiian Pineapple Ham, Whipped Sweet Potatoes, Peas	
Pork Cutlet w/ Gravy, Beets, Green Beans	
Roast Pork Loin w/ Gravy, Brown Rice and Oregon Vegetable Blend - NEW	

Entrée - Seafood	
Lemon Pepper Fish w/ Brown Rice & Scandinavian Vegetable Blend	
Salmon Croquette, Butter Beans, Carrot Coins	

Entrée - Turkey		
Roast Turkey w/ Gravy, Mashed Potatoes, Vegetable Medley	Turkey Burger (charbroiled), Carrot Coins, and Peas - NEW	Turkey Tetrazzini (contains mushrooms), w/Brussel Sprouts & Baked Cinnamon Apples
Smoked Turkey Sausage w/Sauerkraut, Mashed Potatoes, Green Beans	Turkey Ham & Beans, Mixed Vegetables	

Entrée - Vegetarian		
Asian Vegetables & Rice (contains mushrooms), Peas, Pineapple Dessert	Cheese Pizza on whole grain crust w/ Peas & Onions and Carrot Coins - NEW	Southwestern c.f. Omelet w/Cheese/Onion/Peppers, Stewed Tomatoes & O'Brien Potatoes - NEW
Cheese Lasagna w/ Marinara, Italian Vegetables, Corn	Macaroni & Cheese, Stewed Tomatoes, Green Beans	



NOTE: Menu subject to change without notice. MINIMUM of 5 Meals required to order from this menu



Senior's
Name _____

Site **MAPLE KNOLL OUTREACH
SERVICES**

Fruit or Juice - maximum of 1 per meal

Apple Juice 100%		Fresh Orange		Peaches (diced)	
Applesauce cup (unsweetened)		Fruit Cocktail		Pineapple Orange Juice 100%	
Cranberry Juice		Grape Juice 100%		Strawberry Applesauce (no sugar added) - NEW	
Fresh Apple		Orange Juice 100%		Tomato Juice 100% (low sodium) - NEW	
				NO FRUIT / Reduced Fruit per client request	

1/2 gallons available only with 7 meals

1% Milk (half pint)		Skim Milk (half pint)		2% Milk (half pint)	
1% Milk (1/2 gallon)		Skim Milk (1/2 gallon)		2% Milk (1/2 gallon)	
				NO MILK, per client request	

Bread - maximum of 1 half-loaf per box

100% Whole Wheat (1/2 loaf)		Whole Grain White (1/2 loaf)		NO BREAD, per client request	
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Condiments - maximum of 1 per meal

Ketchup pkt		Mayonnaise pkt		Mustard pkt	
Margarine pkt		Mrs. Dash Salt-Free Seasoning pkt - NEW		Tartar Sauce pkt	

Desserts / Snacks - maximum of 1 per meal

Animal Cookies		Fruit & Grain Bar -Strawberry		Oatmeal Cookie - NEW	
Chocolate Elf Cookies		Goldfish Cheese Crackers		Sponge Cake Square (uniced)	
Chocolate Sponge Cake Square (uniced)		Honey Scooters (single serve)		Toasty-Os (single serve)	
Cinnamon Teddy Grahams		Mini Pretzels		White Cheddar Popcorn	
		Nutty Buddy wafer cookie - NEW		NO SNACKS / Reduced Snacks per client request	

