

Title III of the Older Americans Act
 Congregate and Home Delivered Meals Menus
 Alaska/ DHSS/ Senior & Disabilities Services

Week # (Please circle) 1 2 3 4 5 6 7

Menu Form 2016

Provide minimum of 5 weeks

Check all that apply: Congregate Home Delivered

Provider _____
 Preparer _____ Approved _____ Date _____
 Title _____ Title _____

All Menus must be approved by a Registered Dietitian or individual with comparable expertise.

	Monday	Tuesday	Wednesday	Thursday	Friday
Name of Entrée					

Please check if DASH DASH DASH DASH DASH

Protein Foods*	Minimum: 3 oz cooked meat, poultry, fish, eggs or protein equivalent, DASH 2 oz or less				
Fruits and/or Vegetables	Minimum: 2 different fruits and/or vegetables, total 3 servings, DASH 3.5-5 servings (includes 100% juice) Examples of vegetables are dark-green, red & orange, starchy, beans & peas**, and other				
Vitamin C source serve daily					
Other					
Other					
Other					
Vitamin A at least 3X/week					
Grains	Minimum: 1 serving each meal, DASH 2-3 servings (Potatoes are not a grain)				
Milk 8 oz or Calcium Equivalent	<input type="checkbox"/> Served <input type="checkbox"/> Offered	<input type="checkbox"/> Served <input type="checkbox"/> Offered	<input type="checkbox"/> Served <input type="checkbox"/> Offered	<input type="checkbox"/> Served <input type="checkbox"/> Offered	<input type="checkbox"/> Served <input type="checkbox"/> Offered
Optional	Nuts & seeds*, fats & oils, sweets and added sugars				
Other food or beverages					

* nuts & seeds may count as a protein equivalent

** beans & peas may be counted as a vegetable or a protein equivalent