



MAGNOLIA PLACE DINING FACILITY

On the Menu



Today

Lunch - lasagna, roast veal, breaded pork steak, rice, potatoes, fried okra, peas with mushrooms, carrots

Dinner - swedish meatballs, chicken, macaroni and cheese, rice, greens, pinto beans, southern-style squash

Saturday

Lunch - yakisoba, baked chicken, grilled bratwurst, rice, mashed potatoes, cabbage, lyonnaise green beans, succotash

Dinner - hamburger stroganoff, chicken vega, paprika butter potatoes, rice pilaf, calico corn, cauliflower, brussels sprouts polonaise

Sunday

Lunch - pepper steak, baked turkey and noodles, stuffed fish, parsley-buttered potatoes, rice, broccoli, mixed vegetables, carrots

Dinner - jaegerschnitzel, chicken, rice, mashed potatoes, asparagus, peas, tempura vegetables

Monday

Lunch - shepherd's pie, fish, ham steak, macaroni and cheese, rice, cauliflower, spinach, baked beans

Dinner - veal steaks, herbed-baked

chicken, spaghetti and meat sauce, quick-baked potato halves, rice, stewed tomatoes with croutons, lima beans, corn-on-the-cob

Tuesday

Lunch - country style steak, tacos, enchiladas, rice, mashed potatoes, pinto beans, corn, lyonnaise carrots

Dinner - tomato meatloaf, chicken cacciatore, rice, mashed potatoes, squash, bean combo, cauliflower

Wednesday

Lunch - apple-glazed corned beef, fried fish, creole spaghetti, rice, rissole potatoes, broccoli, steamed cabbage, peas and carrots

Dinner - roast beef, chicken, macaroni and cheese, potatoes, cauliflower au gratin, mixed vegetables, lemon sesame green beans

Thursday

Lunch - beef stew, lime cilantro sole, pork chops, noodles jefferson, rice, corn, spinach, okra

Dinner - swiss steak with gravy, italian sausage, rice pilaf, crispy potatoes wedges, lima beans, carrots and celery, black-eyed peas

(Menu subject to change without notice.)

Healthy cooking demonstration with food tasting

Nov. 8, 5:30 p.m., at the Family Support Center. Families are welcome. To register, call 963-4007.

Healthy peach-raisin stuffing (6) 1-cup servings

- 1 cup diced onion
- 1/2 cup diced celery
- 2 tablespoons chicken broth or water
- 3 cups whole-wheat or whole-grain bread, crumbled
- 1-1/2 cups drained, canned peaches, diced
- 1/3 cup raisins
- 1 tablespoon grated fresh ginger
- 1/4 teaspoon cinnamon



In saucepan over medium-high heat, cook onions and celery in broth or water until tender. Coat 2-quart ovenproof casserole dish with nonstick cooking spray. Combine remaining 5 ingredients plus onions and celery in casserole. Cover and bake at 350 F for 20 minutes. Remove cover and bake an additional 10 minutes. This stuffing also can be made with two fresh peaches or 1-1/2 cups of diced fresh papaya instead of canned peaches.

150 calories per cup: Five grams protein, two grams fat, less than one gram saturated fat, 32 grams carbohydrate, 250 milligrams sodium, no cholesterol and four grams dietary fiber.