

Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 1 year: 2018 month: February

day				Thursday	Friday
date				Feb 1	Feb 2
ENTRÉE				Chili Dogs	Chile Relleno
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein				beef	egg, cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)				buns	rice, beans
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)				beans	mixed vegetables
FRUIT 1 serving (1/2 cup/serving)				bread pudding	oranges/rice pudding
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute				always 3 ways	always 3 ways

**Everyday salad bar ingredients this week: mix of 3 types of lettuce,
beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.**

Non-Fat, Low-Fat & Buttermilk, Bread & Butter served with every meal.

Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 2 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9
ENTRÉE	Ham Scalloped Potatoes	Chicken Fried Steak	Fish	Chicken	Meat Loaf
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	ham	beef	fish	beef	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	bread	potatoes	potatoes	potatoes, gravy	potatoes, gravy
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	potatoes,mixed vegetables	kale & peas		vegetable soup	
FRUIT 1 serving (1/2 cup/serving)	fruit salad(grapes, strawberries)	apple, pumkin pie	choc.cake,vanilla ice cream	white cake w/huckleberry frostin	
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

Everyday salad bar ingredients this week: mix of 3 types of lettuce, beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 3 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16
ENTRÉE	Sweet/Sour Chicken	Turkey	Tamale Pie	Pork Roast	Quiche
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	turkey	beef	pork,gravy	egg, cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	rice	stuffing	bread	bread	cheese, onion
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	minesrtone soup	carrots,squash,ma shed potatoes	green beans & carrots	carrots w/ green beans,potatoes	minesrtone soup
FRUIT 1 serving (1/2 cup/serving)	truffels	fruit salad,white cake	pineapple cake	strawberry sponge cake	strawberry sponge cake
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways	always 3 ways	always 3 ways

Everyday salad bar ingredients this week: mix of 3 types of lettuce, beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.

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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 4 year: 2018 month: February

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
ENTRÉE	Closed	Taco Salad	Meat Loaf	Teriyaki Chicken	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein		Beef	beef	chicken	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)			bread	bread	potatoes
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)			mixed corn	mixed greens	
FRUIT 1 serving (1/2 cup/serving)		sugar cookies	pound cake,pumpkin pie	raspberry jello	
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute		always 3 ways	always 3 ways	always 3 ways	always 3 ways

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beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.

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site: Redwood Coast Seniors week: 5 year: 2018 month: February

day	Monday	Tuesday	Wednesday		
date	Feb 26	Feb 27	Feb 28		
ENTRÉE	Spaghetti & Meatballs	Chicken Fried Steak	Enchiladas		
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	beans, pork		
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	pasta	potatoes, gravy	rice, tortillas		
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	soup	mixed vegetables	tomato sauce		
FRUIT 1 serving (1/2 cup/serving)	melon	melon	apple crisp		
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways		

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Non-Fat, Low-Fat & Buttermilk, Bread & Butter served with every meal.