

# Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6
<b>ENTRÉE</b>	Chili Dogs	Chicken Rice Casserole	Meat Loaf	Chile Relleno	Ham
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef sausage, cheese	chicken	beef	egg, cheese	cheese,ham
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	hot dog buns	rice,bread	whole grain bread	Rice, tortillas	whole grain bread,pasta
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	sweet potatoes	mixed greens	broccoli, potatoes	beans, lettuce, olives	hot vegetables(mixed greens)
<b>FRUIT</b> 1 serving (1/2 cup/serving)	fruit salad(apples, oranges, melon)	fruit salad(apples, oranges, melon)	apples	apple	fruit salad(apples, oranges, melon)
<b>MILK</b> 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.

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: April

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13
<b>ENTRÉE</b>	Chicken Fried Steak	Tamale Pie	Pork	Baked Chicken	Spaghetti
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	pork	chicken	beef, pork
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread	whole grain bread	whole grain bread	whole grain bread, pasta
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	peas & carrots, potatoes	peas, carrots	green beans, potatoes	mixed greens, beans	broccoli, potatoes
<b>FRUIT</b> 1 serving (1/2 cup/serving)	oranges,olives	oranges,olives	strawberries/melon,rasins	oranges.olives	oranges.olives
<b>MILK</b> 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: April

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20
<b>ENTRÉE</b>	Meat Loaf	Sweet/Sour Chicken	Roast Turkey	Enchiladas	Beef Stroganoff
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef	chicken	turkey	beef	beef
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread, rice	whole grain bread	rice, tortillas	whole grain bread, noodles
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	cauliflower, potatoes	cabbage, chard, Kale	beets, potatoes	vegetable tortilla soup	brussel sprouts
<b>FRUIT</b> 1 serving (1/2 cup/serving)	fruit salad(apples, oranges, melon)	strawberries, grapes, blackberry	strawberries, melons	melons	apples, oranges, tomatoes
<b>MILK</b> 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: April

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 23	Apr 24	Apr 25	Apr 26	Apr 27
<b>ENTRÉE</b>	Quiche	Chicken Breast	Stuffed Bell Peppers	Chicken Fried Steak	Fish
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	egg, cheese	chicken	beef, cheese	beef	fish
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	whole grain bread Pie crust	whole grain bread, rice	rice, whole grain bread	whole grain bread	whole grain bread
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	bell peppers, celery, squash	mixed greens - kale, chard	peas, bell peppers	hot vegetables, potatoes	vegetable soup, potatoes
<b>FRUIT</b> 1 serving (1/2 cup/serving)	oranges,olives	strawberries/melon	fruit salad w melon	melon, oranges,apples, grapes	canned fruit cocktail, oranges
<b>MILK</b> 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: 5 year: 2018 month: April

day	Monday				
date	Apr 30				
ENTRÉE	Pork				
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	pork				
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread				
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	peas, carrots, potatoes				
FRUIT 1 serving (1/2 cup/serving)	oranges, apples, melon				
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	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.**