

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
ENTRÉE	Chili Dogs	Chicken Rice Casserole	Meat Loaf	Chile Relleno	Ham
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef sausage, cheese	chicken	beef	egg, cheese	cheese,ham
BREAD / GRAIN 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
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	sweet potatoes	mixed greens	mixed vegetables, potatoes	beans	hot vegetables(mixed greens)
FRUIT 1 serving (1/2 cup/serving)	fruit salad(apples, oranges, melon)	fruit salad(apples, oranges, melon)	apples	apple	fruit salad(apples, oranges, melon)
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.

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
ENTRÉE	Chicken Fried Steak	Tamale Pie	Pork	Baked Chicken	Spaghetti
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	pork	chicken	beef, pork
BREAD / GRAIN 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
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	peas & carrots, potatoes	mixed vegetables	mixed vegetables, potatoes	mixed greens, beans	mixed greens
FRUIT 1 serving (1/2 cup/serving)	oranges, olives	oranges, olives	strawberries/melon, rasins	oranges. olives	oranges. olives
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: April

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20
ENTRÉE	Meat Loaf	Sweet/Sour Chicken	Roast Turkey	Enchiladas	Beef Stroganoff
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	chicken	turkey	beef	beef
BREAD / GRAIN 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
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	mixed vegetables, potatoes	mixed greens	hot vegetables, potatoes	broccoli	hot vegetables
FRUIT 1 serving (1/2 cup/serving)	fruit salad(apples, oranges, melon)	strawberries, grapes, blackberry	strawberries, melons	melons	fruit/dessert
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: April

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Apr 23	Apr 24	Apr 25	Apr 26	Apr 27
ENTRÉE	Quiche	Chicken Breast	Stuffed Bell Peppers	Chicken Fried Steak	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	egg, cheese	chicken	beef, cheese	beef	fish
BREAD / GRAIN 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
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables	hot vegetables	hot vegetables, potatoes	hot vegetables, potatoes
FRUIT 1 serving (1/2 cup/serving)	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
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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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)	hot vegetables, potatoes				
FRUIT 1 serving (1/2 cup/serving)	fruit/dessert				
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.