

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 | broccoli, potatoes | beans, lettuce, olives | 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 | peas, carrots | green beans, potatoes | mixed greens, beans | broccoli, potatoes |
| 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 |

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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) | cauliflower, potatoes | cabbage, chard, Kale | beets, potatoes | vegetable tortilla soup | brussel sprouts |
| FRUIT 1 serving (1/2 cup/serving) | fruit salad(apples, oranges, melon) | strawberries, grapes, blackberry | strawberries, melons | melons | apples, oranges, tomatoes |
| 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) | bell peppers, celery, squash | mixed greens - kale, chard | peas, bell peppers | hot vegetables, potatoes | vegetable soup, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | oranges,olives | strawberries/melon | fruit salad w melon | melon, oranges,apples, grapes | canned fruit cocktail, oranges |
| 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 |

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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 | | | | |

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