

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

| day | | Tuesday | Wednesday | Thursday | Friday |
|---|--|-------------------|---|-----------------------------|---|
| date | | May 1 | May 2 | May 3 | May 4 |
| ENTRÉE | | Teriyaki Chicken | Meat Loaf | Spaghetti | Ham |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | | chicken | beef | beef, pork | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | | whole grain bread | whole grain bread | whole grain bread, pasta | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | | mixed greens | brussel sprouts, potatoes | carrots | Mixed greens, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | | oranges,olives | fruit salad(apples,oran ges,melon | strawberries/melo n | fruit salad(apples,oran ges,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 |

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: May

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-------------------------|---------------------|-----------------|---------------------|------------------------|
| date | May 7 | May 8 | May 9 | May 10 | May 11 |
| ENTRÉE | BBQ Chicken | Roast Turkey | Enchiladas | Lasagne, Meat Sauce | Taco Salad Nachos |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | chicken | turkey | beef | beef | beef, cheese |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | whole grain bread, rice | whole grain bread | rice, tortillas | rice, tortillas | corn tortilla chips |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | broccoli beans | asparagus, potatoes | mixed greens | mixed greens | Broccoli & Cauliflower |
| FRUIT 1 serving (1/2 cup/serving) | apples and raisens | cranberry | melons | melons | oranges, pineapple |
| 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: May

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------------|---------------------|------------------------------------|------------------------------------|----------------------------|
| date | May 14 | May 15 | May 16 | May 17 | May 18 |
| ENTRÉE | Baked Chicken | Chicken Fried Steak | Stuffed Bell Peppers | Beef Stew | Fish |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | chicken | beef | beef, cheese | 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 | whole grain bread | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | hot vegetables, beans | kale, potatoes | vegetable soup | vegetable soup | mixed vegetables, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | fruit salad | oranges,olives | fruit salad(apples, oranges,melon) | fruit salad(apples, oranges,melon) | 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: 4 year: 2018 month: May

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------------------|------------------------|------------------------------------|----------------------------|-------------------------------|
| date | May 21 | May 22 | May 23 | May 24 | May 25 |
| ENTRÉE | Pork | Chile Relleno | Spaghetti | Quiche | Roast Beef |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | pork | beans | beef, pork | beef | egg, cheese |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | whole grain bread | whole grain bread | whole grain bread, pasta | whole grain bread | whole grain breadPie crust |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | cabbage, kale, potatoes | chili, tomato sauce | cauliflower,bell peppers,onions | onions, beans, potatoes | Green beans,onions |
| FRUIT 1 serving (1/2 cup/serving) | oranges,olives | oranges,olives | oranges,olives | oranges,olives | 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 | 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: May

| day | Monday | Tuesday | Wednesday | Thursday | |
|--|--------|----------------------------|-------------------------|----------------------------|--|
| date | May 28 | May 29 | May 30 | May 31 | |
| ENTRÉE | closed | Chicken Cacciatore | Sweet / Sour Pork | Tamale Pie | |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | | chicken | pork | beef, cheese | |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | | whole grain bread, polenta | whole grain bread, rice | whole grain bread, rice | |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | | mixed greens | mixed greens | broccoli, kale | |
| FRUIT 1 serving (1/2 cup/serving) | | oranges, olives | apple sauce | oranges, apples, pineapple | |
| 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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