

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

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: 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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