

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day					Friday
date					Jun 1
ENTRÉE					Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein					fish
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)					kale,cabbage, 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.

Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 2 year: 2018 month: June

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8
ENTRÉE	Chicken Fried Steak	Chicken Breast	French Dip Sandwich	Enchiladas	Spaghetti
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	chicken	beef	beef	beef, pork
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, pasta
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	asparagus, potatoes	mixed greens,beans	mixed greens	mixed greens	mixed greens
FRUIT 1 serving (1/2 cup/serving)	oranges,olives	fruit salad(apples,oran ges,melon	watermelon,melon ,cantalope	fruit salad	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: June

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jun 11	Jun 12	Jun 13	Jun 14	Jun 15
ENTRÉE	Pork	Chili Dogs	Chicken Fried Steak	Tamale Pie	Sweet/Sour Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	pork	beef sausage, cheese	beef	beef, cheese	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week	whole grain bread	hot dog buns	whole grain bread	whole grain bread, rice	whole grain bread, rice
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables	mixed vegetables, potatoes	broccoli	mixed greens, potatoes	Green beans	mixed greens
FRUIT 1 serving (1/2 cup/serving	fruit salad	melons	oranges.olives	fruit salad	fruit
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: June

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jun 18	Jun 19	Jun 20	Jun 21	Jun 22
ENTRÉE	Meat Loaf	Taco Salad Nachos	BBQ Chicken	Lasagne, Meat Sauce	Chicken Fried Steak
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef, cheese	chicken	beef	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	corn tortilla chips	whole grain bread	whole grain bread,pasta	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	broccoli, potatoes	mixed greens	Collard greens,turnups,kal e,zucchini beans	mixed greens	cabbage, kale, potatoes
FRUIT 1 serving (1/2 cup/serving)	mixed fruit	apple crisp	oranges, apples, pineapple	mixed fruit	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	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: June

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jun 25	Jun 26	Jun 27	Jun 28	Jun 29
ENTRÉE	Lemon Pepper Chicken	Roast Turkey	Tuna w Noodles	Egg Plant Parmesan	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	turkey	Salmon	parmesan	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	Whole Grain Bread, Potatoes, Gra	whole grain bread	whole grain bread, pasta	noodles	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	Mixed Vegetables, Green Salad	brussell sprouts, potatoes	kale,cabbage	egg plant	mixed greens
FRUIT 1 serving (1/2 cup/serving)	oranges, pineapple	fruit crisp	apple crisp	fruit salad	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	always 3 ways	always 3 ways

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