

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jul 2	Jul 3	Jul 4	Jul 5	Jul 6
ENTRÉE	Roast Turkey	Enchiladas	closed	Baked Chicken	Pork
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	turkey	beef		chicken	pork
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	rice, tortillas		whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	bell peppers, potatoes	broccoli		broccoli, beans	mixed greens, potatoes
FRUIT 1 serving (1/2 cup/serving)	fruit salad	oranges, pineapple		fruit salad	peanut butter and banana
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: July

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jul 9	Jul 10	Jul 11	Jul 12	Jul 13
ENTRÉE	Lasagne, Meat Sauce	Roast Beef	Ham & Scalloped	Fish	Teriyaki Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	ham,cheese	fish	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week	whole grain bread, pasta	whole grain bread	potatoe,bread	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables	broccoli	cabbage, kale, potatoes	bell peppers,onions,ka le	broccoli, potatoes	hot vegetables
FRUIT 1 serving (1/2 cup/serving	melon	melons	mixed fruit	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: 3 year: 2018 month: July

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jul 16	Jul 17	Jul 18	Jul 19	Jul 20
ENTRÉE	Meat Loaf	Chicken Fried Steak	Taco Salad Nachos	Ham	BBQ Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	beef, cheese	cheese,ham	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week	whole grain bread	whole grain bread	corn tortilla chips	whole grain bread,pasta	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables	bell peppers, potatoes	hot vegetables, potatoes	hot vegetables	hot vegetables	hot vegetables, beans
FRUIT 1 serving (1/2 cup/serving	Fruit Salad	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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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 4 year: 2018 month: July

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jul 23	Jul 24	Jul 25	Jul 26	Jul 27
ENTRÉE	Spaghetti	Quiche	Pork	French Dip Sandwich	Stuffed Bell Peppers
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef, pork	egg, cheese	pork	beef	beef, cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread, pasta	whole grain breadPie crust	whole grain bread	whole grain bread	rice, whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables	hot vegetables, potatoes	hot vegetables	hot vegetables
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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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 5 year: 2018 month: July

day	Monday	Tuesday			
date	Jul 30	Jul 31			
ENTRÉE	Lemon Pepper Chicken	Chile Relleno			
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	egg, cheese			
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	Whole Grain Bread, Potatoes, Gra	Rice, tortillas			
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	Hot Vegetables, Green Salad	hot vegetables, beans			
FRUIT 1 serving (1/2 cup/serving)	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			

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.