

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day			Wednesday	Thursday	Friday
date			Aug 1	Aug 2	Aug 3
ENTRÉE			Roast Beef	Chicken Fried Steak	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein			beef	beef	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)			whole grain bread	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)			squash, potatoes	cabbage, kale, potatoes	mixed greens, potatoes
FRUIT 1 serving (1/2 cup/serving)			rasberry rhubarb	bowl of fruit	melons,grapes
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute			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: August

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Aug 6	Aug 7	Aug 8	Aug 9	Aug 10
ENTRÉE	Lasagne, Meat Sauce	Roast Turkey	Enchiladas	Meat Loaf	Lemon Pepper Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	turkey	beef	beef	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread,pasta	whole grain bread	rice, tortillas	whole grain bread	Whole Grain Bread, Potatoes, Gra
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	carrots with parlsey	corn on cob, potatoes	beans	brussell sprouts, potatoes	mixed vegetables, Green Salad
FRUIT 1 serving (1/2 cup/serving)	melons	mixed fruit	melons	melons,strawberries	mixed 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: 3 year: 2018 month: August

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Aug 13	Aug 14	Aug 15	Aug 16	Aug 17
ENTRÉE	Tamale Pie	Chicken Fried Steak	Sweet/Sour Chicken	Spaghetti	Pork
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef, cheese	beef	chicken	beef, pork	pork
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread, rice	whole grain bread	whole grain bread, rice	whole grain bread, pasta	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	kale,cabbage,onions,zucchini,	greens, potatoes	kale,cabbage,onions,zucchini,	carrots,brussell sprouts,	greens, potatoes
FRUIT 1 serving (1/2 cup/serving)	rasberry rhubarb	apricots	fruit crisp	apple crisp	mixed 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: August

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Aug 20	Aug 21	Aug 22	Aug 23	Aug 24
ENTRÉE	BBQ Chicken	French Dip Sandwich	Quiche	Roast Turkey	Ham
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	egg, cheese	beef	turkey	ham,cheese
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread Pie crust	whole grain bread	whole grain bread	potatoe,bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	broccoli, beans	mixed greens	mixed greens	greens, potatoes	mixed greens and corn
FRUIT 1 serving (1/2 cup/serving)	melons,huckelberries, strawberries	peach cobbler	melons, strawberries, huckleberries	rasberry rhubarb	apple sauce
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: August

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31
ENTRÉE	Meat Loaf	Stuffed Bell Peppers	Beef Stroganoff	Taco Salad Nachos	Teriyaki Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef, cheese	beef	beef, cheese	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	rice, whole grain bread	whole grain bread, noodles	corn tortilla chips	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	broccoli,squash,c arrots, potatoes	bell peppers	carrotts,squash	beans	Collard greens,turnups,kal e,zucchini beans
FRUIT 1 serving (1/2 cup/serving)	melons,huckelberr ies,strwberries	mixed fruit	peach cobbler	mixed fruit	mixed fruit bowl
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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