

# 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
<b>ENTRÉE</b>			Roast Beef	Chicken Fried Steak	Fish
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein			beef	beef	fish
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)			whole grain bread	whole grain bread	whole grain bread
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)			squash, potatoes	cabbage, kale, potatoes	mixed greens, potatoes
<b>FRUIT</b> 1 serving (1/2 cup/serving)			rasberry rhubarb	bowl of fruit	melons,grapes
<b>MILK</b> 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
<b>ENTRÉE</b>	Lasagne, Meat Sauce	Roast Turkey	Enchiladas	Meat Loaf	Lemon Pepper Chicken
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef	turkey	beef	beef	chicken
<b>BREAD / GRAIN</b> 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
<b>VEGETABLES</b> 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
<b>FRUIT</b> 1 serving (1/2 cup/serving)	melons	mixed fruit	melons	melons,strawberries	mixed fruit
<b>MILK</b> 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.

Non-Fat, Low-Fat & Buttermilk, Bread & Butter served with every meal.

# 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
<b>ENTRÉE</b>	Tamale Pie	Chicken Fried Steak	Sweet/Sour Chicken	Spaghetti	Pork
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef, cheese	beef	chicken	beef, pork	pork
<b>BREAD / GRAIN</b> 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
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	kale,cabbage,onions,zucchini,	greens, potatoes	mixed vegetables	carrots,brussell sprouts,	hot vegetables, potatoes
<b>FRUIT</b> 1 serving (1/2 cup/serving)	rasberry rhubarb	apricots	fruit crisp	apple crisp	fruit/dessert
<b>MILK</b> 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
<b>ENTRÉE</b>	BBQ Chicken	French Dip Sandwich	Quiche	Roast Turkey	Ham
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	beef	egg, cheese	turkey	ham,cheese
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread	whole grain bread Pie crust	whole grain bread	potatoe,bread
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables, beans	hot vegetables	hot vegetables	hot vegetables, potatoes	hot vegetables
<b>FRUIT</b> 1 serving (1/2 cup/serving)	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
<b>MILK</b> 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.

Non-Fat, Low-Fat & Buttermilk, Bread & Butter served with every meal.

# 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
<b>ENTRÉE</b>	Meat Loaf	Stuffed Bell Peppers	Beef Stroganoff	Taco Salad Nachos	Teriyaki Chicken
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef, cheese	beef	beef, cheese	chicken
<b>BREAD / GRAIN</b> 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
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables, potatoes	hot vegetables	hot vegetables	hot vegetables	hot vegetables
<b>FRUIT</b> 1 serving (1/2 cup/serving)	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
<b>MILK</b> 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.

Non-Fat, Low-Fat & Buttermilk, Bread & Butter served with every meal.