

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------|---------------------|-------------------------|-------------------------|----------------------------|
| date | Sep 3 | Sep 4 | Sep 5 | Sep 6 | Sep 7 |
| ENTRÉE | closed | Chicken Fried Steak | Sweet/Sour Chicken | Tamale Pie | Lasagne, Meat Sauce |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | | beef | chicken | beef, cheese | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | | whole grain bread | whole grain bread, rice | whole grain bread, rice | whole grain bread Pasta |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | | corn on cob | mixed greens | mixed greens | squash |
| FRUIT 1 serving (1/2 cup/serving) | | apple pie | mixed fruit | mixed fruit | apple pie |
| 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: September

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------------------|----------------------------|-------------------------------|-----------------|-------------------|
| date | Sep 10 | Sep 11 | Sep 12 | Sep 13 | Sep 14 |
| ENTRÉE | Meat Loaf | Chicken Breast | Quiche | Enchiladas | Fish |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | beef | chicken | egg, cheese | beef | fish |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | whole grain bread | whole grain bread, rice | whole grain breadPie crust | rice, tortillas | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | mixed greens, potatoes | carrots | vegetable soup | broccoli | kale, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | apples | peach cobbler | fruit | mixed fruit | melons |
| 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.

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: September

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------|----------------------|--------------------|-----------------------------|-------------------------|
| date | Sep 17 | Sep 18 | Sep 19 | Sep 20 | Sep 21 |
| ENTRÉE | Teriyaki Chicken | Taco Salad Nachos | Pork | Spaghetti | Chili Dogs |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | chicken | beef, cheese | pork | beef, pork | beef sausage, cheese |
| 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 | hot dog buns |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | green beans | beans | broccoli, potatoes | bell peppers, broccoli | mixed greens |
| FRUIT 1 serving (1/2 cup/serving) | peaches | apples | fruit crisp | blue berries | 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.

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

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------|---------------|------------------|---------------------|------------------------|
| date | Sep 24 | Sep 25 | Sep 26 | Sep 27 | Sep 28 |
| ENTRÉE | Lasagne, Meat Sauce | Ham | BBQ Chicken | Chile Relleno | Roast Beef |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | beef | ham | chicken | egg, cheese | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | pasta, whole grain bread | potatoes | rice | Rice, tortillas | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | mixed greens | mixed greens, | broccoli, squash | chili pepper, beans | mixed greens, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | peach cobbler | watermelon | bowl of fruit | oranges, tomatoes | 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 | 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: September

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------|---------------|------------------|---------------------|------------------------|
| date | Sep 24 | Sep 25 | Sep 26 | Sep 27 | Sep 28 |
| ENTRÉE | Lasagne, Meat Sauce | Ham | BBQ Chicken | Chile Relleno | Roast Beef |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | beef | ham | chicken | egg, cheese | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | pasta, whole grain bread | potatoes | rice | Rice, tortillas | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | mixed greens | mixed greens, | broccoli, squash | chili pepper, beans | mixed greens, potatoes |
| FRUIT 1 serving (1/2 cup/serving) | peach cobbler | watermelon | bowl of fruit | oranges, tomatoes | 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 | 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.