

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.

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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.

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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)	whole grain bread Pasta	whole grain bread	whole grain bread	Rice, tortillas	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables, potatoes	hot vegetables, beans	hot vegetables, beans	hot vegetables, potatoes
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: 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)	whole grain bread Pasta	whole grain bread	whole grain bread	Rice, tortillas	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables, potatoes	hot vegetables, beans	hot vegetables, beans	hot vegetables, potatoes
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

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