

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5
ENTRÉE	Roast Turkey	Tamale Pie	Meat Loaf	Reuben Sandwich	Chicken Cacciatore
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	turkey	beef, cheese	beef	beef	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread, rice	whole grain bread	whole grain bread	whole grain bread, polenta
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	mixed greens, potatoes	bell peppers	mixed veggies, potatoes	vegetable soup,	mixed greens
FRUIT 1 serving (1/2 cup/serving)	strawberries, melons	fruit salad	hot apples	fruit bowl	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	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: October

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12
ENTRÉE	Hamburger	Chicken Fried Steak	Enchiladas	Stuffed Bell Peppers	Roast Beef
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	beef	beef, cheese	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread	rice, tortillas	rice, whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	vegetable soup,	cauliflower,zuccin ni,broccoli	beans	bell pepper	mixed greens, potatoes
FRUIT 1 serving (1/2 cup/serving)	strawberries,melo ns	strawberris,melon s	fruit bowl	hot apples	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: October

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19
ENTRÉE	Quiche	Roast Beef	Taco Salad Nachos	Ham	BBQ Chicken
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	egg, cheese	beef	beef, cheese	ham	chicken
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread pie crust	whole grain bread	corn tortilla chips	whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	cauliflower,zuccin ni,broccoli	squash, potatoes	beans	mixed greens, potatoes	mixed greens, beans
FRUIT 1 serving (1/2 cup/serving)	bowl of strawberries	strawberris,melon s	oranges,tomatoes	strawberris,melon s	strawberris,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	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: October

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26
ENTRÉE	Chicken Breast	Roast Turkey	Tamale Pie	Spaghetti	Chicken Fried Steak
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	turkey	beef, cheese	beef, pork	beef
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)	cauliflower,zuccin ni,broccoli	squash, potatoes	mixed greens	bell peppers	squash, potatoes
FRUIT 1 serving (1/2 cup/serving)	strawberrys	apples crisp	bowl of melons	oranges	fruit salad
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: October

day	Monday	Tuesday	Wednesday		
date	Oct 29	Oct 30	Oct 31		
ENTRÉE	Roast Beef	Tamale Pie	Baked Chicken		
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef, cheese	chicken		
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread, rice	whole grain bread		
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	mixed greens, potatoes	squash	carrots,potatoes		
FRUIT 1 serving (1/2 cup/serving)	fresh strwberries,white cake	bowl of fruit	bowl of strawberries		
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute	always 3 ways	always 3 ways	always 3 ways		

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beets, carrots, beans, broccoli, artichokes, olives, oranges, peppers, tomatoes.

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