

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day				Thursday	Friday
date				Nov 1	Nov 2
ENTRÉE				Meat Loaf	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein				beef	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)				whole grain bread	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)				bell peppers, brussels sprouts, potatoes	peppers and broccoli,potatoes
FRUIT 1 serving (1/2 cup/serving)				bowl of fruit	oranges,tomatoes
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute				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: November

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9
ENTRÉE	Pork	BBQ Chicken	Quiche	Beef Stew	Enchiladas
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	pork	chicken	egg, cheese	beef	beef
BREAD / GRAIN 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	rice, tortillas
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	mixed greens, potatoes	carrots,broccoli,c auliflower,beans	carrots,peas	carrots, celery,potatoes	beans
FRUIT 1 serving (1/2 cup/serving)	strawberrys	blueberry/strawbe rry cake	apple crisp	melons	oranges,tomatoes
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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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: November

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16
ENTRÉE	closed	Spaghetti	Sweet / Sour Pork	Taco Salad Nachos	Fish
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein		beef, pork	pork	beef, cheese	fish
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)		whole grain bread, pasta	whole grain bread, rice	corn tortilla chips	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)		vegetable soup,	mixed greens	beans	corn and kale.potatoe wedges
FRUIT 1 serving (1/2 cup/serving)		fruit salad	fruit bowl	blueberry bread pudding	blueberry bread pudding
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

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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: November

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23
ENTRÉE	Lemon Pepper Chicken	Beef Stroganoff	Roast Turkey	closed	closed
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	chicken	beef	turkey		
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread, potatoes, Gra	whole grain bread, noodles	whole grain bread		
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	mixed greens	mixed greens	carrots and peas, potatoes		
FRUIT 1 serving (1/2 cup/serving)	bowl of fruit	peaches	pumpkin 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		

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: November

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30
ENTRÉE	Ham	Chicken Fried Steak	Roast Turkey	Tamale Pie	Pork
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	ham	beef	turkey	beef, cheese	pork
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread	whole grain bread	whole grain bread, rice	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	kale & broccoli,potatoes	cauliflower, potatoes	broccoli, potatoes	pumpkin	kale & broccoli,potatoes
FRUIT 1 serving (1/2 cup/serving)	mandarines	fruit salad	baked apple	baked apple w/orange	bowl of 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

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

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