

Lake & Mendocino County SENIOR NUTRITION PROGRAM

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

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7
ENTRÉE	Spaghetti	Pork	Baked Chicken	Chile Relleno	Chef's Choice
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef, pork	pork	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)	squash, potatoes	broccoli, potatoes	mixed vegetables,beans	beans	vegetable soup
FRUIT 1 serving (1/2 cup/serving)	mandarines	baked apple	fruit salad	apple crisp	fruit cocktail
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: December

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14
ENTRÉE	Chicken	Stuffed Bell Pepper	Lasagna	Enchiladas	Chef's Choice
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef, cheese	beef	chicken	beef	
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	rice, whole grain bread	whole grain bread Pasta	whole grain bread	rice, tortillas	whole grain bread, potatoes, Gra
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables	hot vegetables	hot vegetables	hot vegetables
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	

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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: December

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21
ENTRÉE	Chili Dogs	Beef Stroganoff	Sweet/Sour Chicken	Taco Salad Nachos	Chef's Choice
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef sausage, cheese	beef	chicken	beef, cheese	
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	hot dog buns	whole grain bread, noodles	whole grain bread, rice	corn tortilla chips	whole grain bread, potatoes, Gra
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	hot vegetables	hot vegetables	hot vegetables	hot vegetables	hot vegetables
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	

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: December

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28
ENTRÉE	closed	closed	closed	Beef Burritos	Chef's Choice
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein				beef	beef
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)				tortillas	whole grain bread
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)				hot vegetables	hot vegetables
FRUIT 1 serving (1/2 cup/serving)				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

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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site: Redwood Coast Seniors week: 5 year: 2018 month: December

day	Monday				
date	Dec 31				
ENTRÉE	closed				
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein					
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)					
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)					
FRUIT 1 serving (1/2 cup/serving)					
MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute					

**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.