

# Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 1 year: 2019 month: January

day		Tuesday	Wednesday	Thursday	Friday
date		Jan 1	Jan 2	Jan 3	Jan 4
<b>ENTRÉE</b>		closed	Lemon Pepper Chicken	Meat Loaf	Chef's Choice
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein			chicken	beef	pork
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)			whole grain bread potatoe, Gravy	whole grain bread	whole grain bread,potatoes,gravy
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)			squash	broccoli, potatoes	mixed vegetables
<b>FRUIT</b> 1 serving (1/2 cup/serving)			mixed fruit	mixed fruit	fruit bowl
<b>MILK</b> 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.**

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

# Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 2 year: 2019 month: January

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jan 7	Jan 8	Jan 9	Jan 10	Jan 11
<b>ENTRÉE</b>	Hamburger	Lasagne, Meat Sauce	Sweet/Sour Chicken	Enchiladas	Chef's Choice
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein	beef	beef	chicken	beef	beef
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread,pasta	whole grain bread, rice	rice, tortillas	whole grain bread
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	vegetable soup	pumpkin	mixed vegetables	beans	brussels sprouts
<b>FRUIT</b> 1 serving (1/2 cup/serving)	apples	apple crisp	mandarines	fruit salad	apple crisp
<b>MILK</b> 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: 2019 month: January

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jan 14	Jan 15	Jan 16	Jan 17	Jan 18
ENTRÉE	Ham	Spaghetti	Teriyaki Chicken	Chile Relleno	Chef's Choice
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	ham	beef, pork	chicken	egg, cheese	
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week)	whole grain bread	whole grain bread, pasta	whole grain bread	rice, tortillas	whole grain bread,potatoes,gr avy
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)	broccoli, potatoes	vegetable soup	cabbage	beans	mixed vegetables
FRUIT 1 serving (1/2 cup/serving)	bowl of fruit	fruit salad	sliced peaches	fruit jello	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: 4 year: 2019 month: January

day	Monday	Tuesday	Wednesday	Thursday	Friday
date	Jan 21	Jan 22	Jan 23	Jan 24	Jan 25
<b>ENTRÉE</b>	closed	Quiche	Chicken Rice Casserole	Taco Salad	Chef's Choice
<b>MEAT OR ALTERNATE</b> Minimum 3 oz. cooked, edible portion OR 15g protein		egg, cheese	chicken	beef, cheese	beef
<b>BREAD / GRAIN</b> 1-2 servings (60% should be whole grain for the week)		whole grain bread, pie crust	rice, bread	corn tortilla chips	whole grain bread
<b>VEGETABLES</b> 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables)		hot vegetables	hot vegetables	beans	hot vegetables
<b>FRUIT</b> 1 serving (1/2 cup/serving)		fruit/dessert	fruit/dessert	fruit/dessert	fruit/dessert
<b>MILK</b> 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: 5 year: 2019 month: January

day	Monday	Tuesday	Wednesday	Thursday	
date	Jan 28	Jan 29	Jan 30	Jan 31	
ENTRÉE	Chicken Fried Steak	Tuna with Noodles	Chicken Pot Pie	Mexican Lasagna	
MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein	beef	tuna	chicken	beef	
BREAD / GRAIN 1-2 servings (60% should be whole grain for the week	whole grain bread	whole grain bread, pasta	whole grain bread, pie crust	whole grain bread,tomatoe sauce	
VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables	hot vegetables, potatoes	hot vegetables	hot vegetables	hot vegetables	
FRUIT 1 serving (1/2 cup/serving	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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