

**Lake & Mendocino County
SENIOR NUTRITION PROGRAM**

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

| | | | | | |
|-------------------------------------------------------------------------------------------------------------------|--|--|--|--|--------------------------------------------------|
| day | | | | | Friday |
| date | | | | | Feb 1 |
| ENTRÉE | | | | | Chef's Choice |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | | | | | pork |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | | | | | whole grain bread,potatoes,gr avy |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | | | | | pumpkin |
| FRUIT 1 serving (1/2 cup/serving) | | | | | peaches |
| MILK 8oz serving non-fat, low fat, or buttermilk or approved calcium-fortified milk substitute | | | | | 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: February

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------|---------------------------|-------------------------------|----------------------------|-----------------------------------------|-------------------|
| date | Feb 4 | Feb 5 | Feb 6 | Feb 7 | Feb 8 |
| ENTRÉE | Meat Loaf | Beef Stroganoff | Chicken Breast | Tamale Pie | Chef's Choice |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | beef | beef | chicken | beef, cheese | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | whole grain bread | whole grain bread, noodles | whole grain bread, rice | whole grain bread, rice | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | mixed greens, potatoes | mustard greens | mustard greens | broccoli | beans |
| FRUIT 1 serving (1/2 cup/serving) | apple slices | banana cream pudding | fruit bowl | bowl of melon,bananas,str waberri | 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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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 3 year: 2019 month: February

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------|-------------------------|-------------------------------|-----------------------|-----------------|----------------------------------|
| date | Feb 11 | Feb 12 | Feb 13 | Feb 14 | Feb 15 |
| ENTRÉE | Stuffed Bell Peppers | Lasagne, Meat Sauce | BBQ Chicken | 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,gravy |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | bell peppers | mixed greens | hot vegetables, beans | hot vegetables | mixed vegetables |
| FRUIT 1 serving (1/2 cup/serving) | fruit bowl | fresh strawberries,white cake | 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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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 4 year: 2019 month: February

| day | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------|--------|-----------------------------|-------------------------------------|-----------------|-------------------|
| date | Feb 18 | Feb 19 | Feb 20 | Feb 21 | Feb 22 |
| ENTRÉE | closed | Chicken Fried Steak | Lemon Pepper Chicken | Beef Stroganoff | Chef's Choice |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | | beef | chicken | beef | beef |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | | whole grain bread | whole grain bread potatoe, Gravy | | whole grain bread |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | | hot vegetables, potatoes | 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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Lake & Mendocino County SENIOR NUTRITION PROGRAM

site: Redwood Coast Seniors week: 5 year: 2019 month: February

| day | Monday | Tuesday | Wednesday | Thursday | |
|-------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------------|--------------------------|--------------------------|--|
| date | Feb 25 | Feb 26 | Feb 27 | Feb 28 | |
| ENTRÉE | Spaghetti | Quiche | Baked Chicken | Chile Relleno | |
| MEAT OR ALTERNATE Minimum 3 oz. cooked, edible portion OR 15g protein | beef, pork | egg, cheese | chicken | egg, cheese | |
| BREAD / GRAIN 1-2 servings (60% should be whole grain for the week) | whole grain bread, pasta | whole grain bread, pie crust | whole grain bread | rice, tortillas | |
| VEGETABLES 1-2 servings (1/2 cup/serving; 1 cup if raw leafy vegetables) | hot vegetables | hot vegetables | hot vegetables, beans | hot vegetables, beans | |
| 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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