

Date:

**All Menus contain 1/3 M.D.R.
as set by the C.D.A. and includes
8 oz. 1% Milk**


24 hr. reservations required
Phone 226-3075

Nutritious noon meal, recreation,
nutrition education, health and wellness
activities.

Qualified persons receive a noon meal
& nutrition education in their home.

Qualified seniors receive food once a month at various distribution sites.

Surplus foods distributed to qualified families at 1 of 11 sites.

 = Meal may contain 1,000 mg. Sodium

J= Vegetables -1 cup alt/raw leafy

* = Vitamin A

♥ = Fruit

y = Bread/Grain

á= Dessert

Note: This menu pattern is based on the female caloric requirement for a 70+ year old whose activity level is sedentary

Vitamin A Source (*) 3 times a week.

Vitamin C Source (+) Daily (25 mg)

Dignity Health Connected Living						Sept 2022	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Red Beans & Brown Rice w/sausage Corn w/peppers Butternut Squash Cantaloupe +	2 Chicken Salad Sandwich Whole Wheat Bun Lettuce & Tomato Spinach Salad +* Pears ♥		
5 Closed Labor Day		6 Breaded Parmesan Chicken Red Skin Potatoes Mixed Veggies Peaches	7 Quiche Sweet Pot Fries Broccoli and Califlower Fruit salad +	8 Meatloaf Winter Veggies Red Skin Potatoes Whole Grain Roll ☒ Apricots +	9 Egg Salad Sandwich on Berry Wheat Bread Lettuce Salad W/ Kale *+ Apple Chunks +		
12 Pepperoni Pizza Mixed Veg Corn Mandarin Oranges+		13 Cheese Ravioli Broccoli + Garlic Bread Apricots +	14 Fish Sticks Roasted Potatoes Cauliflower Fruit salad +	15 Honey Mustard Chicken Spinach Carrots * Pears ♥ Whole Grain Roll ☒	16 Hamburger Whole Wheat Bun ☒ Lettuce & Tomato Sweet Potato Tots Fiesta Blend + Peaches ♥		
19 Teriyaki Chicken Brown Rice Super Slaw Pineapple Chunks+ Hawaiian roll		20 Cheese Pizza Bean Blend Mixed Veggies Mix Fruit♥	21 Meatball Sub Whole wheat Hoagie roll Sauce & Cheese Super Salad +* Apricots *+	22 Breakfast Scramble Hash Browns Asparagus Peaches Biscuit	23 Chicken Burger Whole Wheat Bun ☒ Lettuce & Tomato Sweet Potatoes* Cantaloupe +		
26 Creamy Breaded Chicken Lima Beans Mixed Veggies Mix Fruit♥ Whole Grain Roll ☒		27 Country Fried Steak Roasted Potatoes Cauliflower Mandarin Oranges+ Super Salad *+	28 Cheese Omelet W/Salsa Hash Brown Broccoli Florets * Peaches + Muffin	29 Beef Taco Spanish Rice ☒ Corn W/ Peppers + Super Salad +* Apricots +	30 Tuna Sandwich on Berry Wheat Bread Lettuce & Tomato + Super Salad +* Pineapple Chunks +		
			Trio				

MEALS ON WHEELS 226-3061

BURNEY 335-4979

REDDING 226-3070

ANDERSON 226-3066

Staff and volunteers are trained to provide menu reading for those that are visually impaired by calling 530.223.6034

Menus are subject to change.