

Dignity Health Connected Living

November 2021

Dietary Information

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

Transportation Services - 226-3075

24 hr. reservations required
Phone 226-3075

Senior Center - 226-3070

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

Meals on Wheels - 226-3061


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

Brown Bag Program - 226-3071

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

Commodity Distribution - 226-3071

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

 = Meal may contain 1,000 mg. Sodium
= 2 oz of Meat or Alternate

☉ = Vegetables -1 cup alt/raw leafy

+ = Vitamin C

* = Vitamin A

♥ = Fruit






☒ = Bread/Grain

← = 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)

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken Fajita Tortilla ☒ Rice with Black Beans ☒ Peppers and Onions Winter Mix+	2 Supreme Pizza ☒ w/Sausage, cheese, Onions, peppers Mushrooms Super Salad w/beets *+	3 Spaghetti Meat Sauce Brussel Spouts* Salad W/ Tomatoes + Garlic Bread ☒ Commodities	4 Baked Salmon Roasted Sweet Potatoes Mediteraen Salad Cantaloupe + Dinner Roll ☒	5 Chicken Soup Super Salad *+ Hard Boiled Egg Assorted Roll ☒
8	Country Fried Steak Mashed Potatoes + Peas & Carrots * Dinner Roll ☒ Super Salad *+	9 BBQ Chicken Sweet Potato Fries Bean Salad Apricots* 865 mg	10 Cheese Ravioli Broccoli + Salad W/ Kale ** Garlic bread ☒ 907 mg	11 Beef Taco Tortilla ☒ Rice & Beans ☒ Super Coleslaw+* Brown Bag	12 Club Sandwich Whole Wheat Bread ☒ Turkey, Bacon Lettuce & Tomato+ Fruit Salad
15	Orange Chicken Vegetable & Pork Egg Broccoli+ Fortune Cookie Rice ☒ 	16 Lasagna Peas and Carrots* Super Salad *+ Garlic Bread ☒ Pineapple Chunks+ 936 mg	17 Meatloaf Mashed Potatoes+ Brown Gravy Carrots* Dinner Roll ☒ 	18 Chicken Alfredo Whole Grain Pasta ☒ Broccoli+ Breadstick ☒ Spinach Salad * 	19 Stuffed Shell Meat Sauce Cauliflower+ Dinner Roll ☒
22	Chicken Burger Whole Wheat Bun ☒ Lettuce & Tomato Cantaloupe + Sweet Potatoes* 550 mg	23 Steak Salad Tomato Wedges + Hard Boiled Egg Assorted Roll ☒ Mandarin Oranges+	24 Turkey Mashed Potatoes w/gravy Roll Stuffing Cranberry Sauce Pumpkin Pie*	25 Closed 	26 Closed
29	Hamburger Whole Wheat Bun ☒ Lettuce & Tomato Sweet Potato Fries Fiesta Blend +	30 Chicken Taco Tortilla, Brown Rice ☒ Cheese & Lettuce Super Coleslaw+*		11/11 Thank you!! 	

MEALS ON WHEELS 226-3061

BURNEY 335-4979