Dietitian Sign: Date:

Dignity Health Connected Living December 2022

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 activites.

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.

= Diabetic option offered
= Meal may contain 1,000 mg. Sodium
ä = 2 oz of Meat or Alternate
J= Vegetables -1 cup alt/raw leafy
+ = Vitamin C
* = 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)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Ginger Pork Patty** Potatoes Green Pea Blend Vegetables Apricots Roll	2 **Meatballs w/ Pizzaiola** Over Egg Noodles Carrots Green Beans Pineapple Roll
5 **Honey Mustard Chicken** **Sweet Potatoes** Brussel Sprouts Peaches Roll	6 **Cacciatore Chicken** Asparagus Potatoes Pears Roll	7 **Pork Patty with Pizzaiola** Bread Sticks Asparagus Carrots Fruit Any	8 **Beef Patty** over Cheesy Chipotle Rice with Whole Kernel Corn Broccoli Florets Peaches Roll	9 **Red Beans & Brown Rice with** Corn with Peppers Butternut Squash Apricots Roll
12 **Homestyle Meatloaf** with Winter Blend Vegetables and Red Skin Potatoes Mandarin Oranges +	13 **Biscuits and Gravy** with Red Skin Potatoes Cinnamon apples Apricots*	14 **Chili with Beans** Carrots Broccoli Florets Pears Roll	15 **Beef Strips & Gravy** Spinach Four Seasons Vegetables Peaches Roll	16 **Chicken over Rice & Gravy** Bean Blend Carrots Peaches Roll
19 **Cheese Manicotti &** with Butternut Squash a Autumn Blend Apricots* Roll	20 **Chicken Salad Sandwich** On Hamburger Bun Lettuce and Tomato Spinach Salad Mixed Fruit	21 **Salisbury Steak** Red Skin Potatoes Mixed Vegetables Pineapple Roll	22 **Beef & Pepper Patty** Spinach Sweet Potatoes Mandarin Oranges Roll	23 **Holiday Meal** Ham
26 **CLOSED**	27 **Meatballs with Gravy** Rice Stewed Tomatoes Peas & Carrots Apricots* Roll	28 **Pork & Chicken Links** Beans & Potatoes Winter Blend Vegetables Pears Roll	29 **Florentine Stuffed Shell** Northern Beans Spring Vegetables Mandarin Oranges + Roll	30 **BBQ Porkchops** Green Beans Mashed Potato Coleslaw Cornbread Peaches

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.

Emma Keys CA - REDDING