				Dianity	H	ealth Connected Li	vin	a			
Dietary Information		Monday		Tuesday		Wednesday	VIII	9 Thursday		Friday	
All Menus contain 1/3 M.D.R.	1	Turkey Patty	2	Chicken Meatballs	3	Chicken w/ Salsa	4	Salisbury Steak w/ Gravy	5	Tuna Salad Sandwich	
			2		3		4		5		
as set by the C.D.A. and includes		w/ Poultry Gravy	-	WG Penne Pasta	_	Brown Rice		Whipped Potatoes		Whole Grain Bread (2)	
8 oz. 1% Milk		Whipped Potatoes	-	Marinara Sauce	_	Black Beans	_	*Brussels Spts, Corn, & Carrots	; 	*Carrot Slaw	
Transportation Services - 226-3075		*Capri Vegetable Blend	-	Peas w/Red Pep	_	Broccoli		WG Roll	+	Fresh Banana	
24 hr. reservations required		WG Bread/ Margarine		Pineapple Tidbits	_	Fresh Banana		Mandarin Oranges		Milk	
Phone 226-3075		Fresh Banana	_	Milk	_	Milk		Milk	+		
		Milk	_				_	Margarine			
Senior Center - 226-3070			0		10		4.4		12		đ
Nutritious noon meal, recreation,	8	Spaghetti & Meatsauce	9	Oven Fried Chicken	10		11	Mushroom Chicken	12		
nutrition education, health and wellness	\vdash	WG Pasta Noodles	-	w/ Tomato Basil Sauce	_	Garlic Whipped Potatoes		Brown Rice	+	Fried Brown Rice	4
activites. Call to RSVP for any Center.	\vdash	*Mixed Vegetable Blend	-	Brown Rice Florentine	_	*Spinach		Green Beans w/Red Peppers		Broccoli	
	\vdash	WG Garlic Breadstick	-	*Carrots, Peas, & Mushroom	s	Wheat Roll		Cinnamon Peaches	$\left \right $	Asian Coleslaw	
	\mid	Mandarin Oranges	-	Tropical Fruit	_	Fresh Banana		Milk		Fresh Banana	
Meals on Wheels - 226-3061		Milk	-	Milk	_	Milk				Milk	
Qualified persons receive a noon meal	\mid		-		+	Margarine					
& nutrition education in their home.											
	15	Red Pepper Chicken	16	Turkey Breast w/ Gravy	17	Oven Fried Chicken	18	Meatballs w/Country Gravy	19	Zesty Baja Chicken Salad	
<u> Brown Bag Program - 226-3071</u>		*Fiesta Vegetable Blend		Garlic Whipped Potatoes		with Marinara Sauce		Whipped Potatoes		over Mixed Greens	
Qualified seniors receive food once		WG Tortilla Chips		*Sliced Carrots		WG Spaghetti Noodles		*Peas & Carrots		WG Tortilla Chips	
a month at various distribution sites.		Pineapple Tidbits		WG Bread 🏾 🎼		Brussels Sprouts		WG Bread		*Shredded Carrots	
		Milk		<u>Fresh Banana</u> 💏		Pineapple Tidbits		Fresh Banana		Mandarin Orange & Pineapple	
				Milk		Milk		Milk			
Commodity Distribution - 226-3071				Margarine		Mozzarella Cheese					
Surplus foods distributed to qualified											
families at 1 of 11 sites.	22	Turkey Chili	23	Garlic Rosemary Chicken	24	Italiano Beef Patty	25	Diced Chicken Salad	26	Cheese Omelet 🏾 🎊	
= Meal may contain 1,000 mg. Sodium		California Vegetable Blend	Ι	*Carrots		Whipped Potatoes		over Mixed Greens	Π	w/ Shredded Cheese	
Meals = 2 oz of Meat or Alternate		Wheat Roll		Whole Wheat Bread (2)		*Spinach		w/ Tomato & Cucumber		Sweet Potato & Brussels Sprouts	
J= Vegetables -1 cup alt/raw leafy		Tropical Fruit		Mandarin Oranges		Wheat Roll/Margarine		*Shredded Carrots		Peas	
+ = Vitamin C		Milk		Milk		Fresh Banana		WG Garlic Breadstick		Multi Grain Bread/Jelly	
* = Vitamin A		Margarine		Margarine		Milk		Fresh Orange		Fresh Orange	
♥ = Fruit		-		-				Milk/ Salad Dressing		Milk/ Salsa	
á= Dessert	29	Chicken Pot Pie	30	Onion Smothered Beef	1	Lemon Chicken	2	Smothered Meatballs	3	Chicken Alfredo	
-More than 1000 mg sodium		WG Bread		Whipped Potatoes		*Spinach		w/ Gravy		WG Pasta Noodles	
Note: This menu pattern is based on the		California Vegetable Blend		*Brussels Spts, Corn, & Carrots	5	Confetti Coleslaw		Whipped Potatoes		Brussels Sprouts	
female caloric requirement for a 70+		Fresh Banana		WG Garlic Breadstick		Brown Rice		*Mixed Vegetable Blend		Fresh Orange	
year old whose activity level is sedentary.		Milk		Pineapple Tidbits		Fresh Banana		Garlic Breadstick		Milk	
Vitamin A Source (*) 3 times a week.		Margarine		Milk		Milk		Fresh Banana			
•••			1					Milk			
Vitamin C Source (+) Daily (25 mg)											
	M	EALS ON WHEELS 226-306		BURNEY 226-3070		ANDERSON 226-3070					
						nenu reading for those that are visually imp					