

Dietitian Sign:

Date: Sept 2023

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. Call to RSVP for any Center.

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

Meals = 2 oz of Meat or Alternate

J= Vegetables -1 cup alt/raw leafy

+ = Vitamin C

* = Vitamin A

♥ = Fruit

☒ = 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 | | | | | |
|---------------------------------|---------------------------|---------------------------------|---------------------------------|------------------------------|-------------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | | | 1 Oktoberfest Special |
| | | | | | Smoked Sausage |
| | | | | | w/Sauerkraut & |
| | | | | | Baked Beans |
| | | | | | Coleslaw |
| | | | | | WG Hot Dog Bun |
| | | | | | Fresh Banana |
| | | | | | German Chocolate Cake |
| | 4 Closed | 5 Grilled Chicken | 6 Smothered Meatballs | 7 Cheese Omelet | 8 Chicken Cordon Bleu |
| | | w/Creole Sauce | Whipped Potatoes | w/Cheese Sauce | w/Sauce |
| | | Mashed Spiced Yams | Spinach | Fall Vegetable Hash | WG Penne ☒ |
| | | Tossed Salad | Whole Wheat Bread ☒ | Tossed Salad | Green Beans |
| | | Multi-Grain Bread ☒ | Fresh Banana ♥ | Wheat Bread/Jelly ☒ | Marinated Vegetable Salad |
| | | Tropical Fruit ♥ | | Pineapple Tidbits ♥ | Seasonal Fruit ♥ |
| | | | | | |
| | 11 BBQ Chicken | 12 Beef w/Mushroom Gravy | 13 Baked Chicken Breast | 14 Baked Meatballs | 15 Cheese Ravioli w/Marinara |
| | Brown Rice Florentine ☒ | Whipped Potatoes | w/Garlic Rosemary Sauce | w/Country Gravy | Whole Kernel Corn |
| | Capri Vegetables | Wheat Bread ☒ | WG Penne ☒ | Whipped Potatoes | Tossed Salad |
| | Mandarin Oranges ♥ | Hot Spiced Pears ♥ | Winter Vegetable Blend | Carrot Raisin Salad | Wheat Roll ☒ |
| | | | Fresh Banana ♥ | Wheat Roll ☒ | Hot Cinnamon Applesauce ♥ |
| | | | | Pineapple Tidbits ♥ | Italian Dressing |
| | | | | | |
| | 18 Roasted Chicken | 15 Meatloaf w/ Gravy | 16 Chicken Cacciatore | 17 Creole Steak | 18 Sliced Ham |
| | w/Cranberry Orange Sauce | Garlic Whipped Potatoes | WG Rotini Pasta ☒ | Whipped Potatoes | & Swiss Cheese Sandwich |
| | Rosemary Potatoes | Spinach | Green Beans w/Red Peppers | Carrots | Shredded Lettuce |
| | Brussels Sprouts | Wheat Roll ☒ | Carrot Slaw | Wheat Roll ☒ | Cucumber Salad |
| | Wheat Bread ☒ | Fresh Banana ♥ | Pears ♥ | Seasonal Fruit ♥ | Multi-Grain Bread ☒ |
| | Pineapple Tidbits ♥ | | | | Mixed Fruit ♥ |
| | | | | | |
| | 25 Swiss Steak | 26 Pork Rib Patty | 23 Turkey Breast w/Gravy | 24 Chicken Florentine | 25 Chef Salad |
| | Garlic Whipped Potatoes | Baked Beans | California Vegetable Blend | w/Cream Sauce | WG Garlic Breadstick ☒ |
| | Sliced Carrots | Cucumber Salad | Spinach Salad | WG Penne ☒ | Tropical Fruit ♥ |
| | Wheat Bread ☒ | WW Hot Dog Bun ☒ | Fresh Banana ♥ | Mixed Vegetables | Ranch Salad Dressing |
| | Peaches ♥ | Hot Cinnamon Applesauce ♥ | 1000 Island Dressing | Mandarin Oranges ♥ | |
| | | | | | |
| | | | | | |

MEALS ON WHEELS 226-3061

BURNEY 226-3070

ANDERSON 226-3070

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.