

Dietitian Sign:

Date:

May 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.

= Diabetic option offered
 = 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	Meatloaf	2	Chicken Patty	3	Beef Patty w/Onion Gravy
	Red Skin Potatoes		w/Rosemary Gravy		Red Skin Potatoes
	Winter Blend Veggies		Lima Beans		Broccoli Florets
	Pears ♥		Spring Vegetables		Pears ♥
	Roll ☒		Mandarin Oranges+		Roll ☒
			Roll ☒		Roll ☒
8	Breakfast Burrito	9	Pepper & Beef Patty	10	Chicken & Teriyaki Rice
	Applesauce		Sweet Potatoes		Sweet Potatoes
	Potatoes		Spinach		Brussel Sprouts
	Side Salad		Mandarin Oranges+		Pineapple+
	Roll ☒		Roll ☒		Roll ☒
15	Chicken & Penne	16	Chipotle Meatloaf	17	Chicken & Honey Lemon
	Alfredo Pasta		Red Skin Potatoes		w/ Black Beans and Corn
	Carrots		Green Beans		Brussels Sprouts
	Butternut Squash		Roll ☒		Mixed Fruit ♥
	Mandarin Oranges+		Pineapple+		Roll ☒
	Roll ☒				Roll ☒
22	Chimichurri Chicken	23	NY Strip Beef Patty	24	Three Layer Spinach Lasagna
	Stewed Tomatoes		w/horseradish Sauce		w/Meat Sauce
	Black Bean and Corn		Red Skin Potatoes		Sppinach
	Pears ♥		Brussel Sprouts		Corn w/Peppers
	Roll ☒		Peaches ♥		Mixed Fruit
			Roll ☒		Roll ☒
29	CLOSED	30	Chicken & Mushroom	31	Beef & Pepper Patty
	Memorial Day		Over Swiss Rice		Spinach
			Stewed Tomatoes		Sweet Potatoes
			Peas & Carrots		Mixed Fruit ♥
			Pineapple+		Roll ☒
			Roll ☒		

MEALS ON WHEELS 226-3061

BURNEY 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.