

## Dignity Health Connected Living

April 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 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
					<b>1 Roast Beef Sandwich</b> Cheddar Cheese 1000 Island dressing Whole Wheat Bread ☒ Super Salad +*  
4	<b>Beef &amp; Bean Burrito BOWL</b> Rice ☒ & Black Beans Corn and Peppers + Apricots *	<b>5 Orange Chicken</b> Vegetable & Pork Egg Broccoli Super Salad +* Fortune Cookie Rice ☒  	<b>6 Cheese Ravioli</b> Broccoli + Salad W/ Kale +* Garlic bread ☒ Lime Jello ←  Commodities	<b>7 Baked Salmon</b> rosemary red potatoes Brussel Sprouts Cantaloupe + Dinner Roll  brown bag	<b>8 Lasagna</b> Peas and Carrots* Tossed Salad ☉ Garlic Bread ☒ Pineapple Chunks
11	<b>Chicken Taco</b> Tortilla Cheese & Lettuce Brown Rice Super Slaw Pears	<b>12 BBQ Chicken</b> Sweet Potato Fries Honey Glazed Carrots* Coleslaw + Apricots*	<b>13 Country Fried Steak</b> Mashed Potatoes + Green Beans Dinner Roll ☒ Super Salad +*  	<b>14 Chef Salad</b> Tomato Wedges + Hard Boiled Eggs Turkey Bacon Mandarin Oranges Assorted Roll ☒	<b>15 Club Sandwich</b> Whole Wheat Bread ☒ Turkey, Bacon Lettuce & Tomato Fruit Salad
18	<b>Chicken Enchilada</b> Rancho Fiesta Blend+ Brown Rice ☒  Apricots *	<b>19 Stuffed Shell</b> Meat Sauce Cauliflower Dinner Roll ☒ Mixed Fruit	<b>20 Baked Chicken</b> Brown Rice ☒ Chicken Gravy Broccoli Mandarin Oranges Super Salad +*	<b>21 Meatballs</b> Curly Noodles Brown Gravy Malibu Blend + Dinner Roll ☒ Pears	<b>22 Chicken Alfredo</b> Whole Grain Pasta ☒ Broccoli Breadstick ☒ Spinach Salad *
25	<b>Hamburger</b> Whole Wheat Bun ☒ Lettuce & Tomato Sweet Potato Tots Fiesta Blend +	<b>26 Stuffed Peppers</b> Brown Rice ☒ Scandinavian Blend * Super Salad +* Peaches ♥	<b>27 Philly Cheese Steak</b> Whole Wheat Bun ☒ Potato Wedges Super Coleslaw * Mandarin Oranges  	<b>28 Meatloaf</b> Mashed Potatoes Brown Gravy Peas & Carrots* Dinner Roll ☒	<b>29 Mushroom Chicken</b> Whole Grain Noodles Mixed Vegetables Super Salad +* Mandarin Oranges +

MEALS ON WHEELS 226-3061

BURNEY 335-4979

REDDING 226-3070

ANDERSON 226-3066

ANDERSON 226-3066

Menus are subject to change.