

Dignity Health Connected Living

MARCH 2021

	Monday	Tuesday	Wednesday	Thursday	Friday				
1	Salisbury Steak 🍷 Brown Gravy Mashed Potatoes + Mixed Vegetables * Wheat Berry Bread ☑ Fruit Cocktail ♥	2	Chicken Taco 🍷 Tortilla ☑ Brown Rive Super Coleslaw +* Pears ♥	3	Hamburger 🍷 Whole Wheat Bun ☑ Lettuce & Tomato + Potato Steaks Mandarin Oranges+ Commodities	4	Chicken Alfredo 🍷 Whole Grain Pasta ☑ Broccoli+ Breadstick ☑ Salad *+ Fruit Cocktail ♥	8	Steak Salad 🍷 Tomato Wedges + Hard Boiled Eggs Breadstick ☑ Mandarin Oranges+
8	Cheese Omelet Rosemary Potatoes Broccoli + Sausage Patty 🍷 Peaches ♥ Bran Muffin ☑	9	Chicken Breast 🍷 Whole Grain Noodles ☑ Chicken gravy California Blend * Mandarin Oranges +	10	Meatloaf 🍷 Mashed Potatoes+ Brown Gravy Pea & Carrots* Salad Whole Grain Roll y Fruit Cocktail ♥	11	Cheeseburger 🍷 Whole Wheat bun ☑ Lettuce & Tomatoes Potato Wedges Coleslaw + Fruit Cocktail Brown Bag	12	Chicken Breast 🍷 on Super Salad *+ w/ egg and tomato Pears ♥ Whole Grain Roll ☑
15	Mushroom Chicken 🍷 Brown Rice ☑ Corn Super Salad*+ Assorted Roll ☑ Peaches ♥	16	Lasagna 🍷 Mediterranean Vegetables* Tossed Salad ☺ Garlic Bread ☑ Pineapple Chunks+	17	Corned Beef 🍷 Cabbage + Rosemary Red Potato Carrots * Corn Muffin Green Jello/ Pineapple	18	Fish Taco 🍷 Tortilla Brown Rice Coleslaw+ Peaches ♥	19	Ham Sandwich 🍷 Whole Wheat Bread ☑ Swiss Cheese Pasta Salad Orange +
22	Beef Enchilada 🍷 Rancho Fiesta Blend+ Brown Rice ☑ Corn Bread Muffin Apricots *	23	Spaghetti Meat Sauce 🍷 Cauliflower+ Whole Grain Garlic Bread ☑ Mixed Fruit+ Chocolate (Diet) Pudding ←	24	Country Fried Steak 🍷 Country Gravy Mashed Potatoes + Green Beans Pears ♥ Whole Grain Roll ☑	25	Bar-B-Que Chicken 🍷 Baked Potato ☑ Corn W/ Peppers + Cole Slaw Apricots*	26	Cheese Ravioli 🍷 Broccoli + Salad W/ Kale *+ Garlic bread ☑
29	Chicken Breast 🍷 Brown Rice ☑ Carpi Blend Tossed Salad w/ Kale*+ ☺ Pears	30	Oven Baked Chicken 🍷 Brown Rice ☑ Green Beans Super Salad *+ Mandarin Oranges+	31	Beef Taco 🍷 Tortilla Potato Steaks Coleslaw+ Pears ♥				

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

ä = 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)

WEBSITE www.mealsonwheels.org
MEALS ON WHEELS 226-3061

Menus are subject to change.
BURNEY 335-4979

REDDING 226-3070

ANDERSON 226-3066