

Dignity Health Connected Living

JULY 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
				1	<u>Spaghetti W/ Meat Sauce</u> Whole Grain Pasta Peas N Carrots* Spinach Salad + Garlic Bread na 761 mg Commodites	2	<u>Steak Salad</u> Tomatoes Eggs Mandarin Oranges+ Assorted Roll ☒	3	<u>Closed</u>
6	<u>Hamburger</u> Whole Wheat Bun Lettuce and Tomato Potato Wedges Canalupe*+ NA 750	7	<u>Pork Taco</u> 🍴 Spanish Rice Corn W/ Peppers + Pears	8	<u>Lasanga</u> Italian Blend * Breadstick Salad w/ Kale *+ NA 950	9	<u>BBQ Chicken</u> Baked Beans Potato Salad Salad w/ Kale*+ na 985 mg Brown Bag	10	<u>Steak Salad</u> Red Peppers+ Carrot Sticks* Whole Grain Roll Peaches na 620 mg
13	<u>Crab Cakes</u> Whole wheat Bun Peas and Carrots* Salad W/ Kale*+	14	<u>Turkey Sandwich</u> Wheat Berry Bread Lettuce and Tomatoes Orange Juice+ Carrots*	15	<u>Beef Tips</u> With Mushroom Gravy Over Whole Grain noodles Peas N Carrots* Whole Grain Roll Honeydew+	16	<u>Dijon Chicken Breast</u> Brown Rice Broccoli+	17	<u>Philly Steak Sandwich</u> Whole Wheat Roll Potato Tots Caribbean Blend+
20	<u>Cabbage Roll</u> Itailan Blend* Salad W/ Kale*+ Pears	21	<u>BBQ Birsket</u> Baked Potato Corn Whole Wheat Bun Cantalupe*+	22	<u>Spring Green Salad</u> W/ Cranberries & Walnuts Grilled Chicken Breast Cauliflower+ Whole Grain Roll ☒	23	<u>Fish</u> Brown Rice Coleslaw + Scandinavian Blend*	24	<u>Country Fried Steak</u> Mashed Potatoes+ Winter Blend* Super Coleslaw+ Assortied Rolls
27	<u>Cheese Ravioli</u> Broccoli+ Garlic Bread	28	<u>Turkey Meatloaf</u> Mashed Potatoes + Turkey Gravy Canalupe* Peas & Carrots	29	<u>Chicken Enchilada</u> Rice W/ Pintos Rancho Fiesta Blend+ Apricots* na 945 mg	30	<u>Chicken Salad</u> On Croissant Potato Salad Fruit Salad + na 970 mg	31	Baked Chicken Baked Beans Cowboy Corn Pears Salad W/ Kale*+

WEBSITE [www.
MEALS ON WHEELS](http://www.mealsonwheels.org) 226-3061

Menus are subject to change.
 BURNEY 335-4979

REDDING 226-3070

ANDERSON 226-3066

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)