

Dignity Health Connected Living

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>BEEF STEW</u> Assorted Roll Mandarin Oranges +	3 <u>Cabbage Roll</u> Rice Rancho Fiesta+ Apricots*	4 <u>FISH</u> Potato Wedges Winter Mix Salad W/ Kale*+ Whole Wheat Roll Commodities	5 <u>Lasagna</u> Broccoli+ Breadstick Apricots*	6 <u>Tuna Sandwich</u> Hamburger Bun Mandarin Oranges + Macaroni Salad
9 <u>Cheese Burger</u> Potato Steaks Salad w/ Kale*+ Pears	10 <u>Beef Tacos</u> Lettuce., Tomatoes Corn with Peppers+ Apple Crisp	11 <u>Biscuit N Gravy</u> Sausages Breakfast Potatoes Oranges+	12 <u>BBQ Chicken</u> Baked potato Winter Mix+ Corn Bread Muffin apricots* Brown Bag	13 <u>Salisbury Steak</u> Mashed Potatoes+ Brown Gravy Salad W/ Kale*+ Whole Wheat Roll
16 <u>Meatballs w/ Mushrooms</u> Brown Rice Malibu Blend* Pineapple+ Hawaiian Roll	17 <u>Butternut Squash Soup</u> Salad w/Garbanzo & Kale*+ Wheat Roll	18 <u>Lemon Baked Fish</u> Malibu Blend+ Super Salad +* Whole Wheat Roll	19 <u>Chicken Fajita</u> Wheat Tortilla Rice & Beans Rancho Fiesta Blend+ Pears	20 <u>Ravioli</u> Italian Blend* Assorted Roll Berry Mix+
23 <u>Beef Enchiladas</u> Rancho Fiesta Blend+ Brown Rice Pears	24 <u>Stuffed Peppers+</u> Carrots Peaches Wheat Berry Bread	25 <u>Turkey</u> Mashed Potatoes+ Green Beans Cranberry Sauce Corn Muffin Stuffing & Pie	26 <u>CLOSED THANKSGIVING</u>	27 <u>CLOSED THANKSGIVING</u>
30 <u>Turkey Sandwich</u> Wheat Berry Bread Lettuce, Tomato & Pickle Potato Wedges Broccoli+				

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)

WEBSITE www.
 MEALS ON WHEELS 226-3061

Menus are subject to change.
 BURNEY 335-4979

REDDING 226-3070

ANDERSON 226-3066