

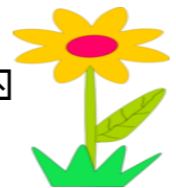





Dignity Health Connected Living

April 2019

Monday		Tuesday		Wednesday		Thursday		Friday		
1	Split Pea Soup 🍲 Sweet Potato Tots * Romaine Salad ☺ Mystery Roll ☑ Orange +  April Fools Day	2	(2) Beef Tacos 🍲 Lettuce & Tomato + Spanish Rice W/Beans ☑ California Blend * Pineapple Chunks +	3	Spaghetti W/ Meat Sauce 🍲 Cauliflower + Tossed Salad ☺ Franch Bread ☑ Strawberries + Commodities National Walking Day	4	Baked Chicken 🍲 Baked Red Potato + Winter Mix Vegetables * Mandarin Oranges + Chocolate Pudding ← Whole Wheat Bread National Vitamin C Day	5	Closed for ALL STAFF 	
8	Talapia 🍲 Rice Pilaf ☑ Parmesan Tomatoes + California Blend * Whole Grain Bread ☑ Slices Pears ♥	9	Turkey Cheese Broccoli Roll Up 🍲 Pasta Salad W/Red Peppers* Sesame Green Beans ☺ Whole Wheat Roll ☑ Fruit Cocktail + National Cheish an Antique Day	10	Pork Steak 🍲 Mashed Potatoes + W/Gravy Sliced Carrots * Coleslaw + Whole Grain Roll ☑ Applesauce ♥ 	11	Baked Ham 🍲 Rice Pilaf ☑ Cauliflower + Romaine Salad ☺ Assorted Rolls ☑ Apple ♥ Brown Bag	12	Sausage & Cheese Quiche 🍲 Country Potatoes + Mixed Vegetables * Biscuit ☑ National Day of Silence	
15	Mushroom Burger W/Swiss 🍲 On Whole Wheat Bun ☑ Lettuce & Tomato+ Potato Wedges + Macaroni Salad ☺ Mandarin Oranges+	16	Lemon Chicken 🍲 Buttered Noodles ☑ Peas & Carrots * Tossed Green Salad ☺ Fruit Cocktail +	17	Tuna Salad Sandwich 🍲 On Whole Wheat Bread ☑ Broccoli Salad * Mediteranian Blend * Peaches +	18	Chicken Fried Steak 🍲 Mashed Potatoes & Gravy + Biscayne Blend Vegetables + Coleslaw + Whole Grain Roll ☑	19	Baked Ham 🍲 Sweet Potato + Malibu Blend Vegetables * Beet & Onion Salad ☺ Multi Grain Roll ☑ Good Friday	
22	Chicken Fajitas 🍲 Rice W/Beans ☑ Spinach * Blueberry Muffin ☑ Mandarin Oranges + Passover Week	23	Taco Soup W/Toppings 🍲 Whole Wheat Roll ☑ Green Salad ☺ Apricots + Passover Week	24	Chicken Marsala 🍲 Over Jasmine Rice ☑ Broccoli Spears * Tomato & Cucumber Salad + Assorted Rolls ☑ Passover Week	25	Cowboy Salisbury Steak 🍲 Mashed Potatoes + Super Salad Mix * Cornbread ☑ Pineapple Chunks + Passover Week	26	Sloppy Joes 🍲 On Whole Wheat Bun ☑ Honey Glazed Carrots * Citrus Slaw + Jello W/ Fruit + ← Passover Week	
29	Cheese Ravioli 🍲 Corn W/Peppers * Spinach Salad * Whole Wheat Roll ☑ Applesauce ♥ National Honesty Day	30	Beef Tips W/Gravy 🍲 Over Brown Rice ☑ Mixed Vegetable * Green Salad W/Diced Tomato + Mystery Roll ☑	National Poetry Month National Autism Awareness Stress Awareness Month National Donate Life Month 						

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 - 226-3073

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)

Menus are subject to change.

MEALS ON WHEELS 226-3061

BURNEY 335-4979

REDDING 226-3070

SHASTA LAKE 275-2506