


Dignity Health Connected Living

SEPTEMBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Dietary Information					
All Menus contain 1/3 M.D.R. as set by the C.D.A. and includes 8 oz 1% Milk	3	4	5	6	7
Transportation Services - 226-3075 24 hr. reservations required Phone 226-3075	Closed Labor Day 	Turkey & Swiss Sandwich 🍔 On Whole Wheat Bread ☑ Lettuce & Tomato + Potato Soup 🍲 Watermelon*	Chef Salad W/ Ham Hard Boiled Egg Red Peppers * Whole Grain Bread Sticks ☑ Mandarin Oranges +	Turkey Roll Ups 🍔 🍷 Broccoli * & Cheese Spinach Salad W/ Cranberries* Bran Muffin ☑ Tropical Fruit Salad +	Salisbury Steak 🍔 Mashed Potato + W/ Gravy Mixed Vegetables * Whole Wheat Berry Bread ☑ Sliced Pears ♥
Senior Center - 226-3070 Nutritious noon meal, recreation, nutrition education, health and wellness activities.	10 Beef Enchiladas 🍔 🍷 Brown Rice W/ Beans ☑ California Blend Vegetable * Whole Grain Roll Cantelope +	11 Chicken Fajitas W/ Peppers 🍔 🍷 Black Beans ☑ Mexican Corn Fruit Cocktail + Spinach Salad *	12 Country Fried Steak 🍔 Mashed Potatoes + Winter Blend Vegetables * Coleslaw + Assorted Grain Rolls ☑	12 Spaghetti W/ Meat Sauce 🍔 🍷 Whole Grain Pasta ☑ Spinach* Fresh Green Salad W/ Tomatoes+ French Bread ☑ Pudding ←	14 Sweet & Sour Pork 🍔 🍷 over Brown Rice ☑ Stir Fry Vegetables * Fortune Cookie ← Fresh Super Salad +
Meals on Wheels - 226-3061 Qualified persons receive a noon meal & nutrition education in their home.	17 Orange Chicken ☑ Jasmine Rice Broccoli Salad * Pineapple Chunks + Whole Grain Roll	18 Lasagna 🍔 Cauliflower * Garden Salad W/ Tomato + French Bread Mixed Berries +	19 Mushroom Chicken W/ Gravy 🍔 Buttered Noodles ☑ Mixed Vegetables * Bread Stick ☑ Coleslaw + Brownie ←	20 Meatloaf W/ Gravy 🍔 Baked Potato Broccoli * Assorted Grain Roll ☑ Peaches ←	21 Biscuit & Gravy 🍔 Sausage Links 🍔 Country Potatoes Carrots * Orange Juice + Yogurt
Brown Bag Program - 226-3071 Qualified seniors receive food once a month at various distribution sites.	24 Hamburgers ☑ 🍔 Lettuce & Tomato + Pickles Sweet Potato Tots* Beet & Onions ☺ Applesauce ←	25 Pork Steak W/ Gravy 🍔 Mashed Potato + Broccoli spears * Whole Grain Roll ☑ Fruit Cocktail +	26 Chicken Noodle Soup 🍔 1/2 Turkey Sandwich ☑ W/ Lettuce & Tomato + On Whole Wheat Bread Honey Glazed Carrots *	27 Beef Tips 🍔 over Noodles ☑ Mixed Vegetables * Green Salad W/ Tomato+ Whole Wheat Bread ☑	28 Veggie Pizza 🍔 ☑ Spinach Salad * Bread Sticks ☑ Orange + Peanut Butter Cookie ←
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.	WEBSITE www.	Menus are subject to change.			
Vitamin C Source (+) Daily (25 mg)	MEALS ON WHEELS 226-3061	BURNEY 335-4979	REDDING 226-3070	SHASTA LAKE 275-2506	