

Dignity Health Connected Living

OCTOBER 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	1 <u>Chef Salad W/ Ham</u>	2 <u>Turkey & Swiss Sandwich</u> 🍷	3 <u>Beef Stroganoff</u> 🍷	4 <u>Turkey Roll Ups</u> 🍷	5 <u>Salisbury Steak</u> 🍷
Transportation Services - 226-3075 24 hr. reservations required Phone 226-3075	Hard Boiled Egg Red Peppers + Whole Grain Bread Sticks ☑ Applesauce ♥	On Whole Wheat Bread ☑ Lettuce & Tomato + Potato Soup 🍷 Watermelon*	Whole Grain Egg Noodles ☑ Pea & Pearl Onions + Spinach Salad * Whole Grain Roll ☑	Broccoli * & Cheese Salad W/Tomatoes + Bran Muffin ☑ Tropical Fruit Salad +	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.	8 <u>Beef Enchiladas</u> 🍷	9 <u>Chicken Fajitas W/ Peppers</u> 🍷	10 <u>Baked Honey Ham</u> 🍷	11 <u>Country Fried Steak</u> 🍷	12 <u>Sweet & Sour Pork</u> 🍷
	Brown Rice W/Beans ☑ California Blend Vegetable * Whole Grain Roll Cantelope *	Black Beans ☑ Mexican Corn Fruit Cocktail + Spinach Salad *	Scalloped Potatoes + Mixed Vegetables * Fruit Salad + Slice Berry Wheat Bread ☑	Mashed Potatoes + Winter Blend Vegetables * Coleslaw + Assorted Grain Rolls ☑	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.	15 <u>Orange Chicken</u> ☑	16 <u>Lasagna</u> 🍷	17 <u>Mushroom Chicken W/Gravy</u> 🍷	18 <u>Meatloaf W/ Gravy</u> 🍷	19 <u>Biscuit & Gravy</u> 🍷
Brown Bag Program - 226-3071 Qualified seniors receive food once a month at various distribution sites.	Jasmine Rice Broccoli Salad * Pineapple Chunks + Whole Grain Roll	Cauliflower * Garden Salad W/ Tomato + French Bread Mixed Strawberry, BlackBerries +	Buttered Noodles ☑ Mixed Vegetables + Bread Stick ☑ Brownie ←	Baked Potato + Broccoli * Assorted Grain Roll ☑ Peaches ←	Sausage Links 🍷 Country Potatoes Carrots * Orange Juice + Yogurt
Commodity Distribution - 226-3071 Surplus foods distributed to qualified families at 1 of 11 sites.	22 <u>Hamburgers</u> ☑	23 <u>Pork Steak W/Gravy</u> 🍷	24 <u>Chicken Noodle Soup</u> 🍷	25 <u>Beef Tips</u> 🍷	26 <u>Ravioli W/ Meat Sauce</u> 🍷
🍷 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	Lettuce & Tomato + Pickles Sweet Potato Tots* Beet & Onions ☺ Applesauce ←	Mashed Potato + Broccoli spears * Whole Grain Roll ☑ Fruit Cocktail +	1/2 Turkey Sandwich W/ Lettuce & Tomato + On Whole Wheat Bread Honey Glazed Carrots *	over Noodles ☑ Mixed Vegetables * Green Salad W/Tomato+ Whole Grain Roll ☑	Spinach Salad * Bread Sticks Orange + Peanut Butter Cookie ←
Note: This menu pattern is based on the female caloric requirement for a 70+ year old whose activity level is sedentary.	29 <u>Fish Sandwich</u> 🍷	30 <u>Stuffed Bell Peppers</u> 🍷	31 <u>Spaghetti W/Blood Sauce</u> 🍷		
Vitamin A Source (*) 3 times a week.	Whole Grain Bun ☑ Lettuce & Tomato + Pickles Sweet Potato Tots* Grape Juice +	Whole Grain Rice ☑ Brussels Sprouts + Whole Grain Roll ☑ Fruit Cocktail +	Whole Grain Pasta ☑ Spooky Spinach* Scary Fresh Green Salad * Grousome Garlic Bread Witches Brew + Apple Juice		
Vitamin C Source (+) Daily (25 mg)	WEBSITE www.	Menus are subject to change.			
	MEALS ON WHEELS 226-3061	BURNEY 335-4979	REDDING 226-3070	SHASTA LAKE 275-2506	