








Dignity Health Connected Living

NOVEMBER 2018

Dietary Information	Monday	Tuesday	Wednesday	Friday
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.	3 	4 	5 	1 Cheeseburger 🍔 🍷 On Whole Grain Bun ☑ Lettuce & Tomato + Sweet Potato Tots * Coleslaw+
				2 Pork Steak W/Gravy 🍖 Mashed Potato + Broccoli spears * Whole Grain Roll ☑ Fruit Cocktail +
	5 Meatballs W/ Mushrooms 🍝 Brown Rice W/Beans☑ Malibu Vegetable Blend * Whole Grain Roll ☑ Cantelope +	6 Stuffed Bell Peppers 🌶️ Black Beans☑ Corn Fruit Cocktail + Spinach Salad *	7 Country Fried Steak 🍖 Mashed Potatoes + Winter Blend Vegetables * Coleslaw + Assorted Grain Rolls☑	8 Spaghetti W/Meat Sauce 🍝 Whole Grain Pasta ☑ Spinach* Fresh Green Salad W/ Tomatoes+ French Bread Pudding ←
	12 Orange Chicken ☑ Brown Rice ☑ Broccoli Salad * Pineapple Chunks + Whole Grain Roll ☑	13 Baked Fish ☑ Parslied Red Potato+ Mixed Vegetables * Whole Wheat Berry Bread ☑ Sliced Pears ♥ 	14 Chicken Noodle Soup 🍲 1/2 Turkey Sandwich W/ Lettuce & Tomato + On Whole Wheat Bread Honey Glazed Carrots *	15 Cheese Omlet 🍳 Hashbrowns Boccoli * Bagel W/ Cream Cheese Orange Juice +
🍷 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	19 Hamburgers 🍔 Whole Grain Bun ☑ Lettuce & Tomato + Pickles Sweet Potato Tots* Applesauce ←	20 Taco Soup 🍲 White Corn Chips ☑ Capri Mix * Whole Grain Roll ☑ Mixed Berries +	21 Roast Turkey / Gravy 🍖 Mashed Potatoes + Stuffing ☑ Green Beans Cranberry Sauce Pumpkin Pie ← Whole Grain Roll ☑	22 CLOSED THANKSGIVING 
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)	26 Sweet & Sour Pork 🍖 over Brown Rice ☑ Stir Fry Vegetables * Fortune Cookie ← Fresh Super Salad + 	27 Rosemary Chicken W/Gravy 🍖 Whole Grain Noodles ☑ Mixed Vegetables * Bread Stick☑ Brownie ←	28 Meatloaf W/ Gravy 🍖 Baked Red Potato + Broccoli * Assorted Grain Roll☑ Peaches← 	29 Turkey & Swiss Sandwich 🍖 On Whole Wheat Bread ☑ Lettuce & Tomato + Potato Soup 🍲 Apricots *
				30 Chef Salad W/ Ham Hard Boiled Egg Red Peppers * Whole Grain Bread Sticks☑ Applesauce ♥
	Menus are subject to change.			
	MEALS ON WHEELS 226-3061	BURNEY 335-4979	REDDING 226-3070	SHASTA LAKE 275-2506