










































DIGNITY HEALTH CONNECTED LIVING 2019 FEBRUARY

	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 <u>Transportation Services - 226-3075</u> 24 hr. reservations required Phone 226-3075 Senior Center - 226-3070 Nutritious noon meal, recreation, nutrition education, health and wellness activities. <u>Meals on Wheels - 226-3061</u> 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. <u>Commodity Distribution - 226-3071</u> Surplus foods distributed to qualified families at 1 of 11 sites.					1 Italian Sausage  Baked Beans <input type="checkbox"/> Spinach Salad W/ Tomatoes *+ Waldorf Salad + Whole Wheat Berry Bread <input type="checkbox"/> <hr/> Ground Hog Day
	4 BBQ Beef Sandwich  On Whole Grain Bun <input type="checkbox"/> Skinned Potato Wedges + Honey Glazed Carrots* Banana 	5 Lemon Baked Fish  Rice Pilaf <input type="checkbox"/> Mixed Vegetables * Whole Grain Roll <input type="checkbox"/> Orange Juice +	6 Oven Baked Chicken  Mashed Potato W/Graavy + Winter Squash * Slice Whole Wheat Bread <input type="checkbox"/> Applesauce 	7 AuGratin Potatoes W/Ham  Buttered Broccoli *  Shoe String Beets Rye Bread <input type="checkbox"/> Mandarin Oranges +	8 Spaghetti  Parmesan Spinach * Green Salad W/Tomatoes + Garlic Bread <input type="checkbox"/> Applesauce  Pudding 
	11 Hearty Beef Stew  Brussels Sprouts + Coleslaw + Apricots * Buttermilk Biscuits <input type="checkbox"/>	12 Chicken Gumbo  Brown Rice y Carrot Coins * Cranberry Jello + Mystery Roll <input type="checkbox"/>	13 Salisbury Steak W/Gravy  Baked Potato + Broccoflower * Green Salad W/Peppers * 7 Grain Rolls <input type="checkbox"/>	14 Valentines Day  Honey Baked Ham <input type="checkbox"/> Scalloped Potatoes + Winter Blend Vegetables * Whole Grain Roll <input type="checkbox"/> Valentine Cookie  	15 Enchiladas  Spanish Rice <input type="checkbox"/> Biscayne Vegetables * Cucumber & Tomatoes + Whole Wheat Roll <input type="checkbox"/> Citrus Cup +
 = Meal may contain 1,000 mg. Sodium  = 2 oz of Meat or Alternate  = Vegetables -1 cup alt/raw leafy + = Vitamin C * = Vitamin A  = Fruit <input type="checkbox"/> = 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)	18 CLOSED Presidents Day 	19 Chicken Nuggets  W/Sweet & Sour Sauce Sweet Potato Fries + Coleslaw+ Mediteranian Vegetables * Mystery Roll <input type="checkbox"/>	20 Chicken Chow Mein  Brown Rice <input type="checkbox"/> Vegetable Egg Roll + Carrot Coins * Pinapple + Fortune Cookie 	21 Tuna Sandwich  Honey Wheat Bread <input type="checkbox"/> Lettuce & Tomato + W/Red Peppers * Pasta Salad <input type="checkbox"/>	22 Turkey Roll Ups  Broccoli & Cheese * Spinach Salad W Cranberries + Bran Muffin <input type="checkbox"/> Sliced Pears 
	25 Taco Salad  Lettuce, Cheese, Tomato+ Peas & Carrots * Pinto Beans Tropical Fruit Salad +	26 Baked Pork Chop Red Potato + Capri Mix Vegetables * Whole Wheat Bread Peaches 	27 Turkey Pot Pie  Brown Rice <input type="checkbox"/> Brussels Sprouts + Spring Mix Salad  Whole Grain Roll <input type="checkbox"/>	28 Country Fried Steak  Mashed Potatoes W Gravy Spring Blend Vegetables * 3 Bean Salad  Whole Grain Roll <input type="checkbox"/>	
	Menus are subject to change.				
	MEALS ON WHEELS 226-3061	BURNEY 335-4979	REDDING 226-3070	SHASTA LAKE 275-2506	