

Dietitian Sign:

Date: January 2025

## Dignity Health Connected Living

		Monday		Tuesday		Wednesday		Thursday		Friday
<p><b>Dietary Information</b></p> <p><b>All Menus contain 1/3 M.D.R. as set by the C.D.A. and includes 8 oz. 1% Milk</b></p> <p><b>Transportation Services - 226-3075</b> 24 hr. reservations required Phone 226-3075</p> <p><b>Senior Center - 226-3070</b> Nutritious noon meal, recreation, nutrition education, health and wellness activities. Call to RSVP for any Center.</p> <p><b>Meals on Wheels - 226-3061</b> Qualified persons receive a noon meal &amp; nutrition education in their home.</p> <p><b>Commodity Distribution - 226-3071</b> Surplus foods distributed to qualified families at 1 of 11 sites. = Meal may contain 1,000 mg. Sodium Meals = 2 oz of Meat or Alternate J= Vegetables -1 cup alt/raw leafy</p> <p>+ = Vitamin C * = Vitamin A ♥ = Fruit ☒ = Bread/Grain á= Dessert -More than 1000 mg sodium <b>Note: This menu pattern is based on the female caloric requirement for a 70+ year old whose activity level is sedentary.</b> <b>Vitamin A Source (*) 3 times a week.</b> <b>Vitamin C Source (+) Daily (25 mg)</b></p>	<b>30</b>	<p><b>Turkey Taco Soup</b></p> <p>*Fiesta Vegetable Blend Whole Grain Tortilla Chips + <u>Mandarin Orange &amp; Pineapple</u> 1% Milk</p>	<b>31</b>	<p><b>Italian Chicken Pasta Salad</b></p> <p>over Lettuce ☒ Whole Wheat Roll + <u>Fresh Orange</u> 1% Milk Margarine</p>	<b>1</b>	Closed	<b>2</b>	<p><b>Lemon Oven Fried Chicken</b></p> <p>☒ W/G Macaroni &amp; Cheese <u>*Mixed Vegetable Blend</u> + <u>Fresh Orange</u> 1% Milk</p> <p style="text-align: center;">HAPPY NEW YEAR</p>	<b>3</b>	<p><b>Swiss Steak</b></p> <p>*Carrots, Peas, Mushrooms + <u>Whipped Potatoes</u> ☒ Multi Grain Bread + <u>Fresh Seasonal Fruit</u> 1% Milk Margarine</p>
	<b>6</b>	<p><b>Beef Patty</b></p> <p>w/ Country Gravy + Whipped Potatoes Peas and Carrots ☒ WG Garlic Breadstick <u>Fresh Orange</u> 1% Milk</p>	<b>7</b>	<p><b>New! Italian Chicken Salad</b></p> <p>over Shredded Lettuce + <u>Marinated Zucchini Salad</u> ☒ Whole Wheat Bread Fresh Banana 1% Milk</p>	<b>8</b>	<p><b>Beef Meatballs w/ Gravy</b></p> <p>+ <u>Garlic Whipped Potatoes</u> *Carrots ☒ Whole Wheat Roll Fresh Seasonal Fruit 1% Milk Margarine</p>	<b>9</b>	<p><b>Chicken w/ Marinara Sauce</b></p> <p>*Capri Vegetable Blend ☒ WG Penne Pasta + <u>Fresh Orange</u> 1% Milk</p>	<b>10</b>	<p><b>Hamburger</b></p> <p>Lettuce &amp; Tomato + *<u>California Vegetable Blend</u> ☒ WW Hamburger Bun Fresh Banana 1% Milk Ketchup/ Mustard</p>
	<b>13</b>	<p><b>Chicken Pot Pie</b></p> <p>☒ over WG Biscuit + <u>Green Beans w/Red Peppers</u> Fresh Banana 1% Milk</p>	<b>14</b>	<p><b>Smothered Meatballs</b></p> <p>+ Diced Potatoes *Carrots ☒ Whole Wheat Roll <u>Fresh Orange</u> 1% Milk Margarine</p>	<b>15</b>	<p><b>New! Honey Baked Chicken</b></p> <p>*Roasted Sweet Potatoes + <u>Brussels Sprouts</u> Brown Rice Fresh Banana 1% Milk</p>	<b>16</b>	<p><b>Turkey Spaghetti Sauce</b></p> <p>*4-Way Vegetable Blend ☒ WG Spaghetti Noodles + <u>Fresh Orange</u> 1% Milk</p>	<b>17</b>	<p><b>Oven Fried Chicken w/ Sesame Sauce</b></p> <p>+ <u>Broccoli</u> Stir Fry Vegetables Brown Rice Fresh Banana 1% Milk</p>
	<b>20</b>	CLOSED	<b>21</b>	<p><b>New! Turkey Salad w/ Peppers</b></p> <p>over Spinach + Coleslaw ☒ Whole Wheat Bread + <u>Mandarin Oranges</u> 1% Milk Margarine</p>	<b>22</b>	<p><b>Stroganoff w/Ground Beef &amp; Turkey</b></p> <p>*Peas &amp; Carrots + <u>California Vegetable Blend</u> ☒ WG Rotini Pasta Pineapple Tidbits 1% Milk</p>	<b>23</b>	<p><b>Oven Fried Chicken</b></p> <p>w/ Gravy + <u>Broccoli &amp; Green Beans</u> Brown Rice Pilaf Fresh Banana 1% Milk</p>	<b>24</b>	<p><b>Swiss Steak</b></p> <p>+ Whipped Potatoes *Carrots ☒ WG Garlic Breadstick <u>Fresh Orange</u> 1% Milk</p>
	<b>27</b>	<p><b>Italian Turkey Bake</b></p> <p>Yellow Squash &amp; Zucchini ☒ Whole Wheat Roll + <u>Fresh Orange</u> 1% Milk Margarine</p>	<b>28</b>	<p><b>New! Egg Scramble w/ Cheese</b></p> <p>*Spinach + O'Brien Potatoes ☒ WG Garlic Breadstick + <u>Cinnamon Applesauce</u> 1% Milk</p>	<b>29</b>	<p><b>Salisbury Steak w/ Gravy</b></p> <p><u>Whipped Potatoes</u> + *4-Way Vegetable Blend ☒ Whole Wheat Roll + <u>Fresh Seasonal Fruit</u> 1% Milk Margarine</p>	<b>30</b>	<p><b>Herb &amp; Garlic Chicken</b></p> <p>*Carrots Baked Beans Brown Rice + <u>Fresh Orange</u> 1% Milk</p>	<b>31</b>	<p><b>Turkey &amp; Cheese Sandwich</b></p> <p>w/ Spinach + <b>New! Broccoli Ranch Slaw</b> ☒ Whole Wheat Bread (2) Fresh Banana 1% Milk</p>

MEALS ON WHEELS 226-3061

BURNEY 226-3070

ANDERSON 226-3070

SHASTA LAKE 226-3070

Staff and volunteers are trained to provide menu reading for those that are visually impaired by calling 530.223.6034

**Menus are subject to change.**