

Dietitian Sign:

Date: July 2024

## Dignity Health Connected Living

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dietary Information</b> <b>All Menus contain 1/3 M.D.R. as set by the C.D.A. and includes 8 oz. 1% Milk</b> <b>Transportation Services - 226-3075</b> 24 hr. reservations required Phone 226-3075  <b>Senior Center - 226-3070</b>  Nutritious noon meal, recreation, nutrition education, health and wellness activities. Call to RSVP for any Center.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	<b>Beef Patty w/ French</b>	<b>Chicken Thigh</b>	<b>Beef Hamburger Patty</b>	<b>CLOSED</b> <b>Independence Day</b>	<b>Cheese Tortellini</b>
	Onion & Mushroom Sauce	w/ Dill Sauce	<u>California Vegetable Blend</u>		w/ Marinara
	<u>Whipped Potatoes</u>	Broccoli	Potato Wedges		*Spinach
	Whole Wheat Bread	Stewed Tomatoes	Whole Wheat Hamburger Bun		Whole Grain Breadstick
	Pineapple Tidbits	Brown Rice	Milk		<u>Applesauce</u>
	Milk	<u>Fresh Orange</u>	Cake w/ Strawberry Whip		Milk
Margarine	Milk	Lettuce & Tomato			
<b>Meals on Wheels - 226-3061</b> Qualified persons receive a noon meal & nutrition education in their home.	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>Baked Beef Meatballs</b>	<b>Breaded Chicken Cacciatore</b>	<b>Beef Patty</b>	<b>Chicken Breast <span style="color: red;">New!</span> w/ Tarragon Sauce</b>	<b>Sliced Turkey &amp; Swiss Cheese Sandwich</b>
	<span style="color: red;">New!</span> w/ Honey Ginger Glaze	*4-Way Vegetable Blend	w/ Gravy and Vegetables	Rosemary Red Potatoes	w/ *Spinach
	*Spinach	Whole Grain Rotini Pasta	<u>Whipped Potatoes</u>	Brussels Sprouts	Cilantro Coleslaw
	Brown Rice	<u>Fresh Orange</u>	Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Bread (2)
	<u>Tropical Fruit</u>	Milk	Hot Cinnamon Applesauce	Fresh Banana	<u>Mandarin Orange &amp; Pineapple</u>
	Milk		Milk	Milk	Milk
Margarine		Margarine	Margarine	Mayonnaise & Mustard	
<b>Brown Bag Program - 226-3071</b> Qualified seniors receive food once a month at various distribution sites.	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<b>Swiss Steak</b>	<b>Zesty Baja Salad</b>	<b>Creole Steak</b>	<b>Oven Fried Chicken Florentine</b>	<b>Turkey Breast w/ Gravy</b>
	<u>Whipped Potatoes</u>	Coleslaw	<u>Whipped Potatoes</u>	w/ Cream & Spinach Sauce	<u>Whipped Potatoes</u>
	*Sliced Carrots	Whole Grain Tortilla Chips	Cauliflower & Peas	*Mixed Vegetable Blend	*California Vegetable Blend
	Whole Wheat Bread	<u>Fresh Orange</u>	Multi-Grain Bread	Whole Grain Penne Pasta	Whole Wheat Stuffing
	Pears	Milk	Fresh Banana	<u>Mandarin Orange &amp; Pineapple</u>	Fresh Banana
	Milk		Milk	Milk	Milk
Margarine		Margarine			
<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 + = Vitamin C * = Vitamin A ♥ = Fruit ☒ = Bread/Grain á= Dessert	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<b>Oven Fried Chicken Thigh</b>	<b>Salisbury Steak</b>	<b>Meatball Sub</b>	<b>Chicken Breast</b>	<b>Italian Chicken Pasta Salad</b>
	w/ Creamy Tomato Sauce	w/ Onion Gravy	w/ Marinara Sauce	w/ Teriyaki Sauce	w/ *Spinach
	w/ Parmesan Cheese	Garlic Whipped Potatoes	Mozzarella Cheese	*Sliced Carrots	Whole Wheat Roll
	<u>Cauliflower &amp; Broccoli</u>	*Peas & Carrots	<u>California Vegetable Blend</u>	<u>Asian Coleslaw</u>	<u>Tropical Fruit</u>
	Whole Grain Penne Pasta	Whole Grain Breadstick	Whole Wheat Hot Dog Bun	Brown Rice	Milk
	Pineapple Tidbits	<u>Fresh Orange</u>	Applesauce	Fresh Banana	Margarine
Milk	Milk	Milk	Milk		
-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>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
	<b>Honey Mustard Chicken</b>	<b>Smothered Meatballs</b>	<b>Omelet</b>	<b>Oven Fried Chicken Thigh</b>	<b>Breaded Chicken Cordon Bleu</b>
	*4-Way Vegetable Blend	<u>Whipped Potatoes</u>	w/ Shredded Cheese and Salsa	<span style="color: red;">New!</span> w/ Lemon Caper Sauce	Green Beans w/ Red Pepper
	Brown Rice Florentine	*Spinach	Fall Vegetable Hash	*Herbed Carrots	Whole Grain Penne Pasta
	<u>Fresh Orange</u>	Whole Wheat Bread	Whole Wheat Bread w/ jelly	Brown Rice	<u>Fresh Orange</u>
	Milk	Fresh Banana	<u>Applesauce</u>	<u>Mandarin Oranges</u>	Milk
	Milk	Milk	Milk	Milk	
Margarine	Margarine				

**MEALS ON WHEELS** 226-3061

**BURNEY** 226-3070

**ANDERSON** 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.**