

Santa Clara County – Senior Nutrition Program



PRODUCTION MENU – Week 1 (May 2023 – October 2023)

Site Name

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	5/1, <u>6/5</u> , 7/10, 8/14, 9/18, 10/23	5/2, <u>6/6</u> , 7/11, 8/15, 9/19, 10/24	5/3, <u>6/7</u> , 7/12, 8/16, 9/20, 10/25	5/4, <u>6/8</u> , 7/13, 8/17, 9/21, 10/26	5/5, <u>6/9</u> , 7/14, 8/18, 9/22, 10/27
MEAT OR EQUIVALENT 3 oz. cooked (edible portion) OR 15 g protein	Baked Fish (3 oz. fish) 156	Pork Ribs (3 oz. pork) 170	Chicken Thigh (3 oz. chicken) 174	Baked Fish (3 oz. fish) 151	Salisbury Steak (3 oz. beef) 189
DO NOT cook with butter or margarine. Use oil sparingly. LIMIT fat by using lean meats and lower fat products. Use No-Salt Seasonings such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
BREAD/GRAIN 1 – 2 servings (ONE whole grain/meal)	Whole Wheat Couscous (1/2 cup) 160	Whole Wheat Roll	Whole Grain Macaroni Salad (1/2 cup) 38	Whole Wheat Roll (1)	Whole Wheat Roll (1)
VEGETABLES 1 - 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)	Peas (1/2 cup) 169 <u>Romesco Broccoli</u> (1/2 cup) 158	Tater Tots (1/2 cup) 204 Corn (1/2 cup) 191	*Peas & Carrots (1/2 cup) 179 Salad with Tomatoes (1 cup) 38 1 Tsp. Dressing	* <u>Cauliflower & Carrots</u> (1/2 cup) 170 5 - Way Vegetables (1/2 cup) 161	Mashed Potatoes (1/2 cup) 190 <u>Broccoli</u> (1/2 cup) 148
Use Low-Sodium salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
FRUIT 1 serving (1 medium Fresh OR 1/2 cup Canned)	*Fresh Cantaloupe (1/2 cup) 35	<u>Mandarin Oranges</u> (1 medium)	<u>Fresh Orange</u> (1 medium)	<u>Fresh Fruit</u> (1 medium)	Fresh Banana (1 medium)
MILK 8 oz. serving Fat-Free OR Low-Fat	*→ 34	→ 39	→ 38	*→ 39	→ 37



Salt Icon: Meal contains more than 1000 mg sodium



* Asterisk: 233 µg Vitamin A source 3X per week

— Underlined: 25 mg Vitamin C source Daily



Vegetarian meal

NOTE: Do not substitute **bolded**, asterisked (*) and underlined (—) items. Contact SNP Dietitian for approval of menu substitutions. Document changed items on the Food Temp Log. Each meal has ~750 to 900 mg sodium. All persons aged 60 and above are eligible without regard to race, national origin, gender or disability.

Menus are written by Sunnyvale Senior Center and approved by Senior Nutrition Program's Registered Dietitian.

