

Santa Clara County – Senior Nutrition Program  
**PRODUCTION MENU – Week 1 ( 20XX – 20 XX)**



Site:

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
<b>MEAT OR EQUIVALENT</b> 3 oz. cooked (edible portion) OR 15 g protein					
DO NOT cook with butter or margarine. Use oil sparingly. <b>LIMIT</b> fat by using lean meats and lower fat products. Use <b>No-Salt Seasonings</b> such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
<b>BREAD/GRAIN</b> 1 – 2 servings (ONE whole grain per meal)					
<b>VEGETABLES</b> 1 – 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)					
Use <b>Low-Sodium</b> salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
<b>FRUIT</b> 1 serving (1 medium Fresh OR 1/2 cup Canned)					
<b>MILK</b> 8 oz. serving Fat-Free OR Low-Fat					



Meal contains more than 1000 mg sodium

\* Vitamin A source: 233 µg (3X per week) \_\_\_ Vitamin C source: 25 mg 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 site staff and approved by Senior Nutrition Program's Registered Dietitian.



Santa Clara County – Senior Nutrition Program  
**PRODUCTION MENU – Week 2 ( 20XX – 20 XX)**

Site:

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
<b>MEAT OR EQUIVALENT</b> 3 oz. cooked (edible portion) OR 15 g protein					
DO NOT cook with butter or margarine. Use oil sparingly. <b>LIMIT</b> fat by using lean meats and lower fat products. Use <b>No-Salt Seasonings</b> such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
<b>BREAD/GRAIN</b> 1 – 2 servings (ONE whole grain per meal)					
<b>VEGETABLES</b> 1 – 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)					
Use <b>Low-Sodium</b> salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
<b>FRUIT</b> 1 serving (1 medium Fresh OR 1/2 cup Canned)					
<b>MILK</b> 8 oz. serving Fat-Free OR Low-Fat					



Meal contains more than 1000 mg sodium



\*Vitamin A source: 233 µg (3X per week) \_\_\_ Vitamin C source: 25 mg Daily



Vegetarian meal

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Santa Clara County – Senior Nutrition Program  
**PRODUCTION MENU – Week 3 ( 20XX – 20 XX)**

Site:

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
<b>MEAT OR EQUIVALENT</b> 3 oz. cooked (edible portion) OR 15 g protein					
DO NOT cook with butter or margarine. Use oil sparingly. <b>LIMIT</b> fat by using lean meats and lower fat products. Use <b>No-Salt Seasonings</b> such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
<b>BREAD/GRAIN</b> 1 – 2 servings (ONE whole grain per meal)					
<b>VEGETABLES</b> 1 – 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)					
Use <b>Low-Sodium</b> salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
<b>FRUIT</b> 1 serving (1 medium Fresh OR 1/2 cup Canned)					
<b>MILK</b> 8 oz. serving Fat-Free OR Low-Fat					



Meal contains more than 1000 mg sodium

\*Vitamin A source: 233 µg (3X per week) \_\_\_ Vitamin C source: 25 mg Daily



Vegetarian meal

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Santa Clara County – Senior Nutrition Program  
**PRODUCTION MENU – Week 4 ( 20XX – 20 XX)**

Site:

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
<b>MEAT OR EQUIVALENT</b> 3 oz. cooked (edible portion) OR 15 g protein					
DO NOT cook with butter or margarine. Use oil sparingly. <b>LIMIT</b> fat by using lean meats and lower fat products. Use <b>No-Salt Seasonings</b> such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
<b>BREAD/GRAIN</b> 1 – 2 servings (ONE whole grain per meal)					
<b>VEGETABLES</b> 1 – 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)					
Use <b>Low-Sodium</b> salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
<b>FRUIT</b> 1 serving (1 medium Fresh OR 1/2 cup Canned)					
<b>MILK</b> 8 oz. serving Fat-Free OR Low-Fat					



Meal contains more than 1000 mg sodium

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Vegetarian meal

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Santa Clara County – Senior Nutrition Program  
**PRODUCTION MENU – Week 5 ( 20XX – 20 XX)**

Site:

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE					
<b>MEAT OR EQUIVALENT</b> 3 oz. cooked (edible portion) OR 15 g protein					
DO NOT cook with butter or margarine. Use oil sparingly. <b>LIMIT</b> fat by using lean meats and lower fat products. Use <b>No-Salt Seasonings</b> such as herbs, garlic, vinegar, lemon, black/red pepper, ginger or curry.					
<b>BREAD/GRAIN</b> 1 – 2 servings (ONE whole grain per meal)					
<b>VEGETABLES</b> 1 – 2 servings (1/2 cup per serving OR 1 cup per serving if raw leafy vegetables)					
Use <b>Low-Sodium</b> salad dressings (1 Tsp/cup salad), sauces and canned vegetables. Rinse canned vegetables thoroughly.					
<b>FRUIT</b> 1 serving (1 medium Fresh OR 1/2 cup Canned)					
<b>MILK</b> 8 oz. serving Fat-Free OR Low-Fat					



Meal contains more than 1000 mg sodium

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Vegetarian meal

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