

SANTA CLARA COUNTY MEALS ON WHEELS REVISED FROZEN MEAL PATTERN MAR 31 - JUNE 29, 2014

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
#1 3/31 - 4/6 5/5 - 5/11 6/9 - 6/15	CHKN PARMESAN W/NOODLES ZUCCHINI W/RED PEPPERS SPINACH MEAL#18	MEATLOAF w/GRAVY RST RED POTATOES CABBAGE & CARROTS MEAL#11	CHICKEN FILET WCUMBERLAND SC BAKED YAMS LIMA BEANS MEAL#60	TUNA SAND ON WHOLE GRAIN BREAD PASTA VEGT SALAD FORTIFIED JUICE FRUIT #B-4192	TURKEY TETRAZINNI CAPRI BLEND VEGT SPINACH MEAL#57	SANTA FE CHKN SALAD BREAD STICKS FORTIFIED JUICE FRUIT #B-4196	BEEF TIPS W/BELL PEPPERS & ONIONS BROWN RICE CAULIFLOWER GREEN PEAS MEAL#19
#2 4/7 - 4/13 5/12 - 5/18 6/16 - 6/22	CHKN MARSALA over NOODLES BROCCOLI MIXED VEGT MEAL#45	TURKEY & CHEESE SANDWICH ON WHOLE GRAIN BREAD FORTIFIED JUICE FRUIT #B-2010.5	MAC & CHEESE CALIF BLEND VEGT SPINACH MEAL#22	CHINESE CHKN SALAD PREM GOLD CRAX FORTIFIED JUICE FRUIT #B-4182	PORK POT RST STEW W/BROWN RICE CAULIFLOWER LIMA BEANS MEAL#40	CHKN FLORENTINE W/NOODLES BROCCOLI CARROTS MEAL#39	BRD BKD FISH w/TARTAR SC BROWN RICE CARROTS ASIAN BLEND VEGT MEAL#51
#3 4/14 - 4/4/20 5/19 - 5/25 6/23 - 6/29	BEEF STEW w/POTATOES/CARROTS/ ONIONS/CELERY LIMA BEANS WK CORN MEAL#56	CHICKEN LO MEIN CAULIFLOWER GREEN PEAS MEAL#63	BRD BKD FISH w/TARTAR SC RST RED POTATOES PEAS & CARROTS MEAL#33	RST TURKEY W/GRAVY BAKED YAMS SPINACH MEAL#5	CONFETTI BEAN SALAD WHEATSWORTH CRAX FORTIFIED JUICE FRUIT #B-4299	CHICKEN FILET W/HONEY MUSTARD SAUCE BROWN RICE MIXED VEGT BROCCOLI MEAL#31	HUNGARIAN MEATBALLS W/NOODLES CARROTS CABBAGE MEAL#61
#4 4/21 - 4/27 5/26 - 6/1	BEEF SWISS PATTY W/GEMELLI PASTA RST RED POTATOES CABBAGE MEAL#62	CHICKEN CHILI VERDE SPANISH RICE FRESH CKD PINTO BEANS SPINACH MEAL#32	MEATLOAF W/GRAVY MASHED POTATOES CAPRI BLEND VEGT MEAL#46	CHKN CAESAR SALAD WHEATSWORTH CRAX FORTIFIED JUICE FRUIT #B-4294	CHKN PATTY BROWN RICE CARROTS BROCCOLI MEAL#35	ROAST PORK W/MUSHROOM DILL SC RST RED POTATOES ITALIAN BLEND VEGT MEAL#4	CHEESE RAVIOLI CALIF BLEND VEGT LIMA BEANS MEAL#27
#5 4/28 - 5/4 6/2 - 6/8	CITRUS CHKN W/BROWN RICE BAKED YAMS BROCCOLI MEAL#37	SPAGHETTI W/MEATBALLS & WHOLE GRAIN BREAD BROCCOLI ZUCCHINI & CARROTS MEAL#48	CHEF SALAD w/WHOLE GRAIN BREAD FORTIFIED JUICE FRUIT #B-4145	BEEF FAJITA W/FAJITA VEGT SPANISH BROWN RICE REFRIED BEANS MEAL#3	BRD BAKED FISH w/TARTAR SC BROWN RICE PILAF ZUCCHINI W/RED PEPPERS CARROTS MEAL #6	ROAST BEEF & CHEESE SANDWICH ON WHOLE GRAIN BREAD FORTIFIED JUICE FRUIT #B-2008.5	CHKN & PASTA W/BASIL CREAM SC & WHOLE GRAIN BREAD SPINACH WINTER BLEND VEGT MEAL #52

No Meal Deliveries on these Holidays: Monday, May 26, 2014 (Memorial Day)

**Menu analysis: Each menu (2 meals) meets 2/3 RDA requirements, contains < 30% calories from fat and is consistent with a "No Added Salt" diet modification. No MSG.
For Cancellations and Holds: please phone Sourcewise at 408-350-3246**

Menu Subject To Change

**SANTA CLARA COUNTY MEALS ON WHEELS
BREAKFAST & SUNDRY ITEMS CYCLE MENU
MAR 31 - JUNE 29, 2014**

WEEK	BREAKFAST	FRUIT & DESSERTS		MISC
#1				
3/31 - 4/6 5/5 - 5/11 6/9 - 6/15	Egg, Sausage, Cheese Burrito 1 oz Cold Cereal: *Total Cornflakes Cereal Crispy Rice Cereal Raisin Bran Cereal Whole Wht Bluebry Muffin 1 oz Hot Cereal: Regular Oatmeal Apple Cinnamon Oatmeal Extra Bkf Frzr Meal - TBD (NCS - Reg Oatmeal x 2)	Regulars LF Graham Crackers - 1 Fruit Cup - 1 Pineapple Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	No Concentrated Sweets (NCS) Wheat Crackers - 3 pkg Fruit Cup - 2 Pineapple Applesauce Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	Loaf of Whole Grain Bread Bro Juniper brand Orange Juice *Half Gallon 2% Milk Garbanzo beans - 1/2 cup
#2				
4/7 - 4/13 5/12 - 5/18 6/16 - 6/22	Pancake w/syrup* 1 oz Cold Cereal: *Total Cornflakes Cereal Crispy Rice Cereal Multigrain O's Cereal Raisin Bran Cereal 1 oz Hot Cereal: Regular Oatmeal Apple Cinnamon Oatmeal (NCS - Reg Oatmeal x 2)	Regulars Fruit & Grain Apple Bar Fruit Cup - 1 Pears Fresh Fruit - 4 Fresh Apples x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	No Concentrated Sweets (NCS) Wheat Crackers - 3 pkg Fruit Cup - 2 Pears Mixed Fruit Fresh Fruit - 4 Fresh Apples x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	Loaf of Whole Grain Bread Fortified Apple Juice *Half Gallon 2% Milk Lima beans - 1/2 cup
#3				
4/14 - 4/4/20 5/19 - 5/25 6/23 - 6/29	Cheese Omelet 1 oz Cold Cereal: *Total Cornflakes Cereal Crispy Rice Cereal Wheat Bran Flakes Raisin Bran Cereal 1 oz Hot Cereal: Regular Oatmeal Apple Cinnamon Oatmeal (NCS - Reg Oatmeal x 2)	Regulars Fruit & Grain Strawberry Bar Fruit Cup - 1 Cinn Applesauce Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	No Concentrated Sweets (NCS) Wheat Crackers - 3 pkg Fruit Cup - 2 Cinn Applesauce Pears Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	Pkg Wheat Roll - 12 each Orange Juice *Half Gallon 2% Milk Pinto beans - 1/2 cup Peanut Butter - 12 oz (monounsaturated, no trans fats)
#4				
4/21 - 4/27 5/26 - 6/1	French Toast Sticks w/syrup* 1 oz Cold Cereal: *Total Cornflakes Cereal Crispy Rice Cereal Raisin Bran Cereal English Muffin 1 oz Hot Cereal: Regular Oatmeal Apple Cinnamon Oatmeal (NCS - Reg Oatmeal x 2)	Regulars Animal Crackers - 1 pkg Fruit Cup - 1 Mixed Fruit Fresh Fruit - 4 Fresh Apples x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	No Concentrated Sweets (NCS) Wheat Crackers - 3 pkg Fruit Cup - 2 Mixed Fruit Pineapple Fresh Fruit - 4 Fresh Apples x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	Loaf of Whole Grain Bread Fortified Apple Juice *Half Gallon 2% Milk Red kidney beans - 1/2 cup
#5				
4/28 - 5/4 6/2 - 6/8	Cheese Omelet 1 oz Cold Cereal: *Total Cornflakes Cereal Crispy Rice Cereal Multigrain O's Cereal Raisin Bran Cereal 1 oz Hot Cereal: Regular Oatmeal Apple Cinnamon Oatmeal (NCS - Reg Oatmeal x 2)	Regulars Mixed Fruit & Grain Bar Fruit Cup - 1 Applesauce Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	No Concentrated Sweets (NCS) Wheat Crackers - 3 pkg Fruit Cup - 2 Applesauce Mixed Fruit Fresh Fruit - 4 Fresh Pears x 2 Fresh Oranges x 2 Cheddar Cheese - 1.5 wz	Loaf of White Bread Orange Juice *Half Gallon 2% Milk Lima beans - 1/2 cup

No Meal Deliveries on these Holidays: Monday, May 26, 2014 (Memorial Day)

*No Concentrated Sweets (NCS) receive artificially sweetened syrup

*Fruit Cup are packed in juice (may be pears, peaches, pineapple, mandarin oranges or mixed fruit).

*Applesauce/*Cinn Applesauce are unsweetened.

**Omit for No Concentrated Sweets.

Diabetics receive the amount of Fresh Fruit as indicated and other menu items with "(NCS)".