MONTHLY MENU PLANNER

MENU AUGUST 2026

Area Agency on Aging PSA24 — CC CAFE — Catholic Charities, Diocese of San Diego

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	3	4	5	6	7	
Meat/ Alternative 2 oz.	3oz BEEF HOT DOG W/ CHILI BEANS CARROTS ROMAINE SALAD W/ DICED TOMATOE RAINBOW SHERBET WHEAT HOT DOG BUN	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3oz. SPAGHETTI WITH MEAT SAUCE (CHEESE) CARROTS GREEN SALAD W/ TOMATOE PEACH CORN TORTILLA	3oz. CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS MANGO W/ GRAPES WHEAT BREAD	3oz. SALISBURY STEAK W/ GRAVY AND MUSHROOM PIECES POTATO WEDGES BROCCOLI CUTS ROMAINE SALAD ORANGE WHEAT BREAD	Senior Nutrition Program is provided to you through a contract with the Imperial County Area Agency on Aging via funding received from the California Department of Aging. Contact the AAA at (442) 265-7000 for additional senior programs information.
	10	11	12	13	14	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS MANDARINS WHEAT BREAD	BEEF CHILI BEANS (GROUND BEEF, PINTO BEANS ONION, BELL PEPPER, PAPRIKA) CALIFORNIA BLEND VEGETABLES TROPICAL FRUIT CORN BREAD	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS WHEAT BREAD	310oz. ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO MANDARINS CORN TOSTADA	3oz. TACO PORK AL PASTOR REFRIED BEANS ZUCHINI & STEWED TOMATOES ROMAINE SALAD PINEAPPLE TIDBITS	A) Menu subject to change at any time. B) Coffee, tea and decaf. Beverages may be used but shall not be counted to fulfill any part of the meal pattern. C) Lunch served from 11:30a.m. to 12:00 noon @ Dining sites. Home Delivered 9:00a.m. to 1:30
	17	18	19	20	21	
Dairy 8oz. 1% milk	3oz. MANDARIN CHICKEN SALAD (CARROTS, BELL PEPPERS, SLICED MANDARINS, CROUTON, AND ONIONS) APRICOTS WHEAT BREAD	5oz. CHILE RELLENO SPANISH RICE GREEN BEANS PLAINTAINS CORN TORTILLA	3oz. CHICKEN ALFREDO W/ PASTA (CHEESE) SPINACH TROPICAL FRUIT SALAD WHEAT BREAD	3oz. FISH TACO W/ SALSA FRESCA (TOMATO, ONION,, LEMON, AND CILANTRO) REFRIED BEANS SHREDDED CABBAGE SALAD CANTALOUPE CORN TORTILLA	3oz. MEATLOAF W/ TOMATO SAUCE MASHED POTATOES GREEN BEANS ROMAINE SALAD W/ TOMATO TROPICAL FRUIT BREAD ROLL	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution $2.00 Meal
	24	25	26	27	28	
Fruit/ Dessert 1/2 cup	3oz. ORANGE CHICKEN (BREADED CHICKEN, SAUCE, BELL PEPPERS, AND ONIONS) ASIAN RICE MIXED VEGETABLES PEACH WHEAT BREAD	3/1oz. MEATBALL SUB (MARINARA SAUCE & MOZZARELLA CHEESE) BROCCOLI CUTS ROMAINE SALAD BANANA WHEAT BREAD	3oz. CHICKEN WRAP (chicken, bacon, chesee, lettuce, diced tomatoe) POTATOE SALAD MANDARINS WHEAT TORTILLA	3oz. BAKED HAM (GLAZED) AU GRATIN POTATOES BROCCOLI CUTS GREEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3OZ. BEEF DIJON (BEEF, CARAMELIZED ONION, MUSTARD) OVER NOODLES VEGETABLE BLEND CHEFCUT KEY LARGO ROMAINE SALAD W/TOMATOE BANANA	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Brawley Senior Nutrition, 575 J St. Calexico Senior Nutrition, 707 Dool Westmorland Senior Nutrition, 298 3rd St. Ocotillo Senior Nutrition, 1663 Imperial Hwy Salton City, 1375 Borrego Salton Sea Way Holtville Senior Nutrition, 950 N. Holt. Heber Senior Nutrition, 1132 Heber Ave. Calipatria Senior Nutrition 150 N Park Ave.
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(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	3oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ DICED TOMATO PEARS WHEAT BREAD					

REVIEWED AND APPROVED BY ANNIE HUBER RDN