

# DECEMBER 2021

## CC CAFE

AREA AGENCY ON AGING PSA24

REGISTERED DIETITIAN: Nancy Chen, MS, RDN

Monday

Tuesday


Wednesday

Thursday

Friday

Catholic Charities, Diocese of San Diego

Program Manager: Polo Salazar

|   | Monday   | Tuesday  | 1  | 2   | 3   |  |
|---|--|--|--|---|---|--|
| Meat/ Alternative<br>2 oz.  |  |  | 5oz.<br>CHILE RELLENO<br>OVER GREEN SAUCE<br>RICE<br>MIXED VEGETABLES<br>GARDEN SALAD<br>PLANTAINS   | 3oz.<br>GARCHOY BEEF<br>(Sliced cherry tomato,<br>green onion, garlic, and<br>soy sauce)<br>BROWN RICE<br>CANTALOPES W/<br>GRAPES<br>SLICED WHEAT BREAD | 8oz.<br>PAWTUCKET CHICKEN<br>CORN CHOWDER<br>(celery, carrots, and<br>onions)<br>ARCADIAN SALAD<br>CORN BREAD<br>PEACHES<br>SLICED WHEAT BREAD          | <i>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</i>  |
|   | 6  | 7  | 8  | 9   | 10  |  |
| Vegetable<br>1 - 2 servings<br>(1 cup raw leafy<br>= 1 serving)         | 3oz.<br>CHICKEN PARMESAN<br>TOMATO SAUCE<br>LINGUINE W/ BUTTER<br>PARSLEY<br>ITALIAN GREEN BEANS<br>GARDEN SALAD<br>APPLE SAUCE<br>WHEAT BREAD | 3.3oz.<br>GRILLED BEEF PATTY<br>OVER GRAVY<br>MASHED POTATO<br>PEAS<br>ROMAINE SALAD<br>PEARS<br>WHEAT BREAD   | CHICKEN TOSTADA<br>W/ MAZZARELLA<br>CHEESE<br>(LETTUCE, SLICED<br>CUCUMBER, AND<br>TOMATO)<br>THREE BEAN SALAD<br>SLICED MANDARINS<br>CORN TOSTADA | 10oz.<br>BEEF STEW<br>(RED POTATOES,<br>ZUCHINNI, CELERY,<br>CABBAGE, AND<br>CARROTS)<br>VALLEY BLEND SALAD<br>TROPICAL FRUIT<br>CORN TORTILLA          | 3.3oz.<br>TUNA SALAD<br>(CELERY, ONIONS,<br>MAYONAISE, AND<br>MUSTARD) ON A BEND<br>OF SHREEDDED LETTUCE<br>SLICED BEETS DICED<br>BANANA<br>WHEAT BREAD | A) Menu subject to change at any time.<br>B) Coffee, tea and decaf. Beverages may be used but shall not be counted to fulfill any part of the meal pattern.<br>C) Lunch served from 11:30a.m. to 12:00 noon @ Dining sites.<br>Home Delivered 9:00a.m. to 1:30   |
|   | 13   | 14   | 15   | 16  | 17  |  |
| Dairy<br>8oz. 1% milk   | 3.2oz.<br>BREADED FISH WITH<br>LEMON<br>JASMINE RICE<br>ZUCCHINI<br>VALLEY BLEND SALAD<br>FRUIT COCKTAIL<br>WHEAT BREAD                        | 3.1oz.<br>CHICKEN ALFREDO<br>(GRILLED SLICED<br>CHICKEN ON A BED OF<br>PASTA W/ ALFREDO<br>SAUCE, AND<br>PARMESAN CHEESE)<br>CARROTS<br>ORANGES<br>CORN TORTILLA | 8OZ.<br>BEEF CHILI BEANS<br>GREEN SALAD W/<br>TOMATO<br>APRICOTS<br>CORN BREAD   | 3.5oz.<br>BREADED CHICKEN<br>TENDERS<br>BAKED SPIRAL POTATO<br>DICED CARROTS<br>GREEN SALAD<br>BANANA<br>SLICED WHEAT BREAD                             | 3oz.<br>BBQ PORK RIB MEAT<br>PATTY<br>BAKED BEANS<br>BROCCOLI<br>ROMAINE SALAD<br>TROPICAL FRUIT SALAD<br>SLICED WHEAT BREAD                            | D) Meals by reservation: please call<br>Transportation:<br>IVT RIDE: 337-1760<br>E) Suggested Contribution <b>\$2.00 Meal</b>  |
|   | 20   | 21   | 22   | 23  | 24  |  |
| Fruit/ Dessert<br>1/2 cup   | 8oz.<br>BEEF ALBONDIGA SOUP<br>(WHITE HOMINY,<br>CARROTS, POTATO,<br>CILANTRO)<br>ARCADIAN BLEND<br>SALAD<br>LEMON PACKET<br>PINEAPPLE TIDBITS | PINEAPPLE HAM<br>MASHED POTOATES<br>ZUCCHINI W/ CORN<br>ROMAINE SALAD<br>CRANBERRY MOLD<br>DESSERT<br>BREAD ROLL   | 3oz.<br>CHICKEN PATTY W/<br>GRAVY<br>RICE PILAF<br>CAPRI BLEND<br>VEGETABLES<br>GREEN SALAD<br>MANGO W/ GRAPES<br>SLICED WHEAT BREAD               | 3oz.<br>BEEF CHEESEBURGER<br>TATER TOTS<br>CALIFORNIA BLEND<br>VEGETABLES<br>LETTUCE W/ TOMATO<br>ORANGES<br>WHEAT HAMBURGER<br>BUN                     | <b>Closed Holiday<br/>Christmas Eve</b>   | El Centro Desert Villas, 1755 W. Main<br>El Centro Community Center, 385 S. 1st. St.<br>Brawley Senior Nutrition, 575 J St.<br>Calexico Senior Nutrition, 707 Dool<br>Westmorland Senior Nutrition, 298 G St.<br>Ocotillo Senior Nutrition, 1663 Imperial Hwy<br>Salton City, 1375 Borrego Salton Sea Way<br>Holtville Senior Nutrition, 950 N. Holt Ave.<br>Heber Senior Nutrition, 1132 Heber Ave. |
|   | 27   | 28   | 29   | 30  |   |  |
| (1-2 servings)<br>1/2 should be<br>whole grain<br>=> 1,000 mg<br>sodium | <b>Closed Holiday<br/>Christmas<br/>Holiday</b>  | 3.2oz.<br>KOREAN STYLE<br>CHICKEN<br>(SAUCE & CHOPPED<br>GREEN ONIONS)<br>BROWN RICE<br>ASIAN STYLE<br>VEGETABLES<br>PEAR HALVES                                 | 3.5oz.<br>BEEF POT ROAST<br>(POTATOES, CARROTS,<br>TOMATO SAUCE, AND<br>CELERY)<br>VALLEY BLEND SALAD<br>APRICOTS<br>WHEAT BREAD                   | 3.3oz.<br>BBQ GRILLED CHICKEN<br>RANCH BEANS<br>WINTER BLEND<br>VEGETABLES<br>ROMAINE SALAD<br>PEARS<br>SLICED WHEAT BREAD                              | <b>Closed Holiday<br/>New Years Eve</b>   |   |

