


MARCH MENU 2023

Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meat/ Alternative 2 oz.			1	2	3	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.
			2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) POTATO SALAD BANANA	GARCHOY BEEF (SLICED CHERRY TOMATOES, GREEN ONION, GARLIC, LOW SODIUM SOY SAUCE) BROWN RICE BROCCOLI W/ CAULIFLOWER MIX TROPICAL FRUIT SALAD	2.7oz. TUNA SALAD (W/ CELERY, ONION, MAYONNAISE, MUSTARD) ON A BED OF LETTUCE SLICED TOMATOES BEETS ORANGE WHEAT BREAD	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	6	7	8	9	10	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
	3oz. CHICKEN PARMESAN LINGUINE W/ BUTTER PARSLEY, PARMESAN & MOZZARELLA CHEESE GARDEN SALAD PEACHES	3oz. COUNTRY STYLE PORK CHOP PATTY W/ GRAVY RANCH BEANS BROCCOLI VALLEY BLEND SALAD APRICOTS SLICED WHEAT BREAD	3oz. KOREAN STYLE CHICKEN (W/ CHOPPED GREEN ONION & CILANTRO, KOREAN SAUCE) BROWN RICE (whole grain) MIXED VEGETABLES GARDEN SALAD RED GRAPES	3oz. MEATLOAF W/ MUSHROOM GRAVY POTATO WEDGES 4 WAY MIX VEGETABLE CARROT SALAD PEARS SLICED WHEAT BREAD	3oz. BAKED FISH BROWN RICE (WHOLE GRAIN) TATAR SAUCE CABBAGE, TOMATO, ONION, CILANTRO, AND LEMON PINEAPPLE TIDBIT	
Dairy 8oz. 1% milk	13	14	15	16	17	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	3oz. BBQ PORK RIB MEAT PATTY BAKED BEANS ROMAINE SALAD TROPICAL FRUIT SLICED WHEAT BREAD	CHICKEN ALFREDO (3oz. SLICED GRILLED CHICKEN ON A BED OF PASTA W/ ALFREDO SAUCE, and PARMESAN CHEESE) SPINACH GARDEN SALAD PEACH HALVES	2.7oz. BEEF HAMBURGER BREADED SPIRAL POTATOES SLICED CARROTS LETTUCE W/ TOMATO ORANGES WHEAT BREAD	3oz. BAKED HERBED CHICKEN WILD RICE CARROT SALAD APPLESAUCE	2-3oz. CORNEB BEEF AND CABBAGE POTATOES CRANBERRY MOLD GREEN SALAD WHEAT BREAD	
Fruit/ Dessert 1/2 cup	20	21	22	23	24	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Brawley Senior Nutrition, 575 J St. Calixico 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 Ave. Heber Senior Nutrition, 1132 Heber Ave.
	3oz. ALBONDIGA SOUP (3/ 1oz MEATBALLS, SLICED CARROTS, HOMINY, OREGANO, AND GARLIC) LEMON PACKET ROMAINE SALAD WHEAT BREAD PEARS	3oz. BAKED HAM MASHED POTATOES SLICED CARROTS ARCADIAN BLEND SALAD FRUIT AMBROSIA SALAD WHEAT BREAD	3oz. BEEF BARBACOA (CHOPPED ONION & CILANTRO, AND LEMON PACKET) SPANISH RICE ROMAINE SALAD BANANA CORN TORTILLA	3.1oz. BEEF POT ROAST (POTATOES, CARROTS, TOMATO SAUCE, AND CELERY) VALLEY BLEND SALAD APRICOTS SLICED WHEAT BREAD	2-3oz. CHILE RELLENO SPANISH RICE CAULIFLOWER ROMAINE SALAD ORANGES	
(1-2 servings) 1/2 should be whole grain => 1,000 mg sodium	27	28	29	30	31	
	3oz. SPAGHETTI AND MEATBALLS ITALIAN GREEN BEANS GARDEN SALAD PEACH HALVES	3oz CHICKEN MOLE SPANISH RICE 4 WAY MIXED VEGETABLES ARCADIAN SALAD PEARS CORN TORTILLA	10oz. HAM & LIMA BEAN SOUP (VEGETABLES INCLUDED) VALLEY BLEND SALAD APRICOTS CORN BREAD	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS LETTUCE MIXED FRUIT SLICED WHEAT BREAD	CLOSED CESAR CHAVEZ DAY	

REVIEWED AND APPROVED BY ANNIE HUBER RDN