


MAY 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	4	5	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.
	3oz. MEATLOAF W/ MUSHROOM GRAVY MASHED POTATOES CAULIFLOWER ARCADIAN SALAD PEARS WHEAT BREAD	8oz. HAM & LIMA BEAN SOUP (W/ ONIONS & CARROTS) VALLEY BLEND SALAD DICED CANTALOUPE W/ GRAPES WHEAT BREAD	2.7oz. TUNA SALAD (W/ CELERY, ONION, MAYONNAISE, MUSTARD) ON A BED OF LETTUCE BEETS ORANGE WHEAT BREAD	3oz. GARCHOY BEEF (SLICED CHERRY TOMATO & GREEN ONIONS) BROWN RICE (WHOLE GRAIN) CARROT SALAD PEARS	3oz. CHICKEN PARMESAN LINGUINE W/ BUTTER PARSLEY, PARMESAN & MOZZARELLA CHEESE SPINACH GARDEN SALAD PEACHES WHEAT BREAD	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	8	9	10	11	12	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
	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS	2-3oz. CHILE RELLENO SPANISH RICE ROMAINE SALAD BAKED PLANTAINS CORN TORTILLA	3oz. GRILLED CHICKEN BROWN RICE (whole grain) MIXED VEGETABLES GARDEN SALAD RED GRAPES	2.7oz. BEEF HAMBURGER BREADED SPIRAL POTATOES SLICED CARROTS LETTUCE W/ TOMATO ORANGES (Wheat hamburger bun)	3oz. COUNTRY STYLE PORK CHOP PATTY W/ GRAVY RANCH BEANS PEAS VALLEY BLEND SALAD BANANA SLICED WHEAT BREAD	
Dairy 8oz. 1% milk	15	16	17	18	19	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	CHICKEN ALFREDO (3oz. SLICED GRILLED CHICKEN ON A BED OF PASTA W/ ALFREDO SAUCE, and PARMESAN CHEESE) SPINACH GARDEN SALAD PEACH HALVES	3oz. BBQ PORK RIB MEAT PATTY RANCH BEANS ROMAINE SALAD TROPICAL FRUIT SLICED WHEAT BREAD	3oz. BAKED HERBED CHICKEN WILD RICE (whole grain) CARROT SALAD BANANA	3oz. BAKED FISH BROWN RICE (WHOLE GRAIN) TATAR SAUCE CABBAGE, TOMATO, ONION, CILANTRO, AND LEMON PINEAPPLE TIDBIT	4oz. BEEF CHILI BEANS CARROTS VALLEY BLEND SALAD SLICED MANDARINS CORN BREAD	
Fruit/ Dessert 1/2 cup	22	23	24	25	26	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 Ave. Heber Senior Nutrition, 1132 Heber Ave.
	3oz. SALISBURY STEAK MASHED POTATOES SAN FRANCISCO BLEND VEGETABLES GREEN SALAD W/ SLICED CUCUMBER APRICOTS WHEAT BREAD	5oz. CHICKEN CHIMICHANGA OVER SAUCE REFRIED BEANS MIXED SALAD W/ TOMATO BAKED PLANTAINS	3oz. BEEF DIJON (W/ CAMELIZED ONIONS) PARSLEY BUTTERED NOODLES ZUCCHINI ROMAINE SALAD TROPICAL FRUIT	3oz. CHICKEN TENDERLOINS TATOR TOTS 4 WAY MIX VEGETABLES RACH PACKET SLICED MANGO W/ GRAPES WHEAT BREAD	3oz. BAKED HAM AU GRATIN POTATOES SLICED CARROTS ARCADIAN BLEND SALAD FRUIT AMBROSIA SALAD WHEAT BREAD	
(1-2 servings) 1/2 should be whole grain => 1,000 mg sodium	29	30	31			
	CLOSED MEMORIAL DAY	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS LETTUCE ORANGES WHEAT BREAD	3oz. ALBONDIGA SOUP (3/ 1oz MEATBALLS, SLICED CARROTS, HOMINY,ZUCCHINI, OREGANO, AND GARLIC) LEMON PACKET ROMAINE SALAD CORN TORTILLAS PEARS			

REVIEWED AND APPROVED BY ANNIE HUBER RDN