

# November 2021



## CC CAFE

AREA AGENCY ON AGING PSA24

REGISTERED DIETITIAN: Nancy Chen, MS, RDN

Catholic Charities, Diocese of San Diego

Program Manager: Polo Salazar

	Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	5	
Meat/ Alternative 2 oz.	3oz. SALISBURY STEAK POTATO WEDGES 4 WAY MIX VEGETABLE CARROT SALAD APRICOTS SLICED WHEAT BREAD	3.3oz. HERBED CHICKEN SCALLOPED POTATOES CAULIFLOWER ROMAINE SALAD W/TOMATO BANANA WHEAT BREAD	3.2oz. BEEF BARBACOA W/ CILANTRO & CHOPPED ONION REFRIED BEANS CORN GARDEN SALAD DICED PEACHES CORN TORTILLA	3.5oz. TUNA SALAD (W CELERY, ONIONS, MAYONNAISE, AND MUSTARD) ON A BED OF LETTUCE SLICED BEETS MANGO W/ GRAPES WHEAT BREAD	3oz. BBQ PORK RIB MEAT PATTY BAKED BEANS BROCCOLI ROMAINE SALAD MANDARINS 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>
	8	9	10	11	12	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	3oz. CHICKEN PARMESAN LINGUINE W/ BUTTER PARSLEY ITALIAN GREEN BEANS GARDEN SALAD MANGO WHEAT BREAD	CHILE RELLENO SPANISH RICE MIXED VEGETABLES DICED CANTALOUPE ROMAINE SALAD CORN TORTILLA	PORK TACO AL PASTOR W/ CILANTRO & CHOPPED ONION PINTO BEANS PEAS SLICED TOMATO W/ MIX SALAD PEARS CORN TORTILLA	  HOLIDAY VETERANS DAY	5oz. CHICKEN CHIMICHANGA OVER SAUCE REFRIED BEANS GREEN BEANS MIXED SALAD TROPICAL FRUIT SALAD VALLEY BLEND SALAD	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
	15	16	17	18	19	
Dairy 8oz. 1% milk	3.2oz. BREADED FISH WITH LEMON JASMINE RICE ZUCCHINI VALLEY BELND SALAD FRUIT COCKTAIL WHEAT BREAD	3.1oz. CHICKEN MOLE SPANISH RICE CARROTS ORANGES CORN TORTILLA	4OZ. BEEF CHILI BEANS CARROTS VALLEY BLEND SALAD W/ TOMATO APRICOTS CORN BREAD	3.5oz. BREADED CHICKEN TENDERS BAKED SPIRAL POTATO DICED CARROTS GREEN SALAD TROPICAL FRUIT SALAD SLICED WHEAT BREAD	3oz. BBQ PORK RIB MEAT PATTY BAKED BEANS BROCCOLI ROMAINE SALAD TROPICAL FRUIT SALAD SLICED WHEAT BREAD	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution <b>\$2.00 Meal</b>
	22	23	24	25	26	
Fruit/ Dessert 1/2 cup	MEATBALL SUB (W MARINARA SAUCE & MOZZARELLA CHEESE) BROCCOLI CUTS ROMAINE SALAD APPLES 6 INCH WHEAT BREAD	CHICKEN PASTA SALAD W/ CELERY, GRAPES, & SPICES ON BED OF LETTUCE BLEND SLICED THREE BEAN SALAD ORANGES SLICED WHEAT BREAD	BAKED TURKEY HAM OVER GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES GARDEN SALAD W/ TOMATO RED GRAPES SLICED WHEAT BREAD	 Happy Thanksgiving  CLOSED THANKGIVING HOLIDAY	CLOSED THANKGIVING DAY AFTER HOLIDAY	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 G 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.
	29	30				
(1-2 servings) 1/2 should be whole grain => 1,000 mg sodium	3oz. MEATLOAF WITH MUSHROOM GRAVY MASHED RED POTAOES CORN CARROT SALAD SLICED MANDARINS WEHEAT BREAD	3.2oz. KOREAN STYLE GRILLED CHICKEN (SAUCE & CHOPPED GREEN ONIONS) BROWN RICE ASIAN STYLE VEGETABLES PEAR HALVES				