

September 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

	Monday	Tuesday	1	2	3	
Meat/ Alternative 2 oz.			3oz. SALISBURY STEAK POTATO WEDGES 4 WAY MIX VEGETABLE CARROT SALAD APRICOTS SLICED WHEAT BREAD	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES PEAS ROMAINE SALAD PEACHES SLICED WHEAT BREAD	3.5oz. TUNA SALAD (W CELERY, ONIONS, MAYONNAISE, AND MUSTARD) ON A BED OF LETTUCE SLICED BEETS ORANGES 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 1 - 2 servings (1 cup raw leafy = 1 serving)	CLOSED HOLIDAY LABOR DAY	CHILE RELLENO SPANISH RICE MIXED VEGETABLES DICED CANTALOUPES ROMAINE SALAD CORN TORTILLA	COUNTRY STYLE PORK PATTY AU GRATIN POTATOES BROCCOLI VALLEY BLEND SALAD CRANBERRY MOLD (GELATIN, CRANBERRY, AND MARSHMALLOW) WHEAT BREAD	5oz. CHICKEN CHIMICHANGA OVER SAUCE REFRIED BEANS GREEN BEANS MIXED SALAD TROPICAL FRUIT SALAD VALLEY BLEND SALAD	3oz. CHEESEBURGER POTATO WEDGES CALIFORNIA BLEND VEGETABLES LETTUCE W/ TOMATO (BREAD: WHEAT HAMBURGER BUN) BANANA	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
	13	14	15	16	17	
Dairy 8oz. 1% milk	3.3oz. HERBED CHICKEN SCALLOPED POTATOES CAULIFLOWER ROMAINE SALAD W/TOMATO BANANA FLOUR WHEAT TORTILLA	3.3oz. BEEF DIJON (W/ CARAMELIZED ONION) PARSLEY BUTTERED NOODLES ZUCCHINI VALLEY BLEND SALAD HONEYDEW	3.1oz. BREADED FISH BROWN RICE SPINACH ARCADIAN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3.4oz. CHICKEN TOSTADA W/ MOZZARELLA CHEESE (LETTUCE W/ TOMATO) CHILLED BEETS TROPICAL FRUIT SALAD CORN TOSTADA	3oz. BBQ PORK RIB MEAT PATTY BAKED BEANS BROCCOLI ROMAINE SALAD MANDARINS SLICED WHEAT BREAD	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	20	21	22	23	24	
Fruit/ Dessert 1/2 cup	12oz. ALBONDIGA SOUP (ZUCCHINI, CARROTS, & POTATOES) CILANTRO & LEMON GREEN SALAD MANGO W/ GRAPES CORN TORTILLA	CHICKEN PASTA SALAD W/ CELERY, GRAPES, & SPICES ON BED OF LETTUCE BLEND SLICED THREE BEAN SALAD ORANGES SLICED WHEAT BREAD	3.5oz. LASAGNA ROLL-UP W/ TOMATO SAUCE ZUCCHINI W/ CORN MIX SALAD SLICED MANDARINS SLICED WHEAT BREAD	BAKED HAM OVER GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES GARDEN SALAD W/ TOMATO RED GRAPES SLICED WHEAT BREAD	3.5oz. CHICKEN STRIPS BAKED SPIRAL POTATO DICED CARROTS GREEN SALAD TROPICAL FRUIT SALAD SLICED WHEAT BREAD	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.
	27	28	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	12oz. PAWTUCKET CHICKEN CORN CHOWDER (VEGETABLES INCLUDED) VALLEY BLEND SALAD FRUIT SALAD CORN BREAD	MEATBALL SUB (W MARINARA SAUCE & MOZZARELLA CHEESE) BROCCOLI CUTS ROMAINE SALAD APPLES 6 INCH WHEAT BREAD	4OZ. BEEF CHILI BEANS CARROTS VALLEY BLEND SALAD W/ TOMATO APRICOTS CORN BREAD		

