


SEPTEMBER 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	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.
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	4	5	6	7	8	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
	Closed Labor Day Holiday	3.5oz. TUNA SALAD (W/ CELERY, ONIONS, MAYONNAISE, AND MUSTARD) ON A BED OF LETTUCE ORANGES WHEAT BREAD	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES SPINACH HONEYDEW W/ GRAPES WHEAT BREAD	3oz. COUNTRY STYLE PORK CHOP PATTY W/ GRAVY RANCH BEANS PEAS VALLEY BLEND SALAD PEACHES SLICED WHEAT BREAD	3oz. SALISBURY STEAK MASHED POTATOES SAN FRANCISCO BLEND VEGETABLES GREEN SALAD W/ SLICED CUCUMBER BANANA WHEAT BREAD	
Dairy 8oz. 1% milk	11	12	13	14	15	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	3oz. CHICKEN PARMESAN LINGUINE W/ BUTTER PARSLEY, PARMESAN & MOZZARELLA CHEESE WINTER BLEND VEGETABLE GARDEN SALAD PEACHES	3oz. BBQ PORK RIB MEAT PATTY RANCH BEANS PEAS ROMAINE SALAD TROPICAL FRUIT SLICED WHEAT BREAD	3oz. BARBACOA SPANISH RICE CALIFORNIA BLEND VEGETABLES GARDEN SALAD SLICED PEACHES CORN TORTILLA	3oz. BAKED HERBED CHICKEN WILD RICE (whole grain) CARROT SALAD BANANA WHEAT BREAD	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS	
Fruit/ Dessert 1/2 cup	18	19	20	21	22	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Brawley Senior Nutrition, 575 J St. Calixto 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 (Temporary Closed) Heber Senior Nutrition, 1132 Heber Ave.
	3oz. MEATLOAF MASHED POTATOES 4 WAY MIX VEGETABLES RACH PACKET SLICED MANGO W/ GRAPES WHEAT BREAD	2-3oz. CHILE RELLENO SPANISH RICE ROMAINE SALAD BAKED PLANTAINS	12oz. BEEF STEW (Red Potatoes, celery, carrots, and cabbage) ROMAINE SALAD PEACHES CORN TORTILLA	4oz. CHICKEN FRIED STEAK W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD TROPICAL FRUIT SALAD WHEAT BREAD	3oz. BAKED FISH BROWN RICE (WHOLE GRAIN) TATAR SAUCE CABBAGE, TOMATO, ONION, CILANTRO, AND LEMON PINEAPPLE TIDBIT	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	25	26	27	28	29	
	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 SLICED MANDARINS (Wheat hamburger bun)	8OZ. HAM & LENTIL SOUP (W/ Onion, Celery, and Carrots) VALLEY BLEND SALAD BANANA CORN BREAD	3oz. GORCHOY BEEF (SLICED CHERRY TOMATO, GREEN ONION, GARLIC, SOY SAUCE) BROWN RICE (WHOLE GRAIN) SLICED MANDARINS	3oz. CHICKEN TOSTADA W/ MOZZARELLA CHEESE, CUCUMBER, AND TOMATO CHILLED BEETS TROPICAL FRUIT SALAD	

REVIEWED AND APPROVED BY ANNIE HUBER RDN