

NOVEMBER 2020



AREA AGENCY ON AGING PSA24
REGISTERED DIETICIAN: Priscilla Letayf Rodiles, RDN

Catholic Charities, Diocese of San Diego
Program Manager: Polo Salazar

	Monday	Tuesday	Wednesday	Thursday	Friday	
	2	3	4	5	6	
Meat/ Alternative 2 oz.	CHICKEN BURGER (LETTUCE W/ TOMATO ON A WHEAT BUN) POTATO SALAD DICED CARROTS SLICED MANGO	FISH TACO REFRIED BEANS SPINACH ROMAINE SALAD TROPICAL FRUIT SALAD CORN TORTILLA	LASAGNA ROLL-UP MARINARA SAUCE BROCCOLI ARCADIAN BLEND VEGETABLES PEACHES	HAM & LIMA BEAN SOUP (With Onion & Carrots) ROMAINE SALAD SLICED MANDARINS FRESH MADE CORN BREAD	BEEF DIJON (W/ CARAMIZED ONION AND PARSELY BUTTERED NOODLES) SLICED CARROTS VALLEY BLEND SALAD STRAWBERRY JELLO 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>
	9	10	11	12	13	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	TUNA SALAD (W CELERY, ONION, & MUSARD) ON A BED OF LETTUCE SLICED TOMATO STRAWBERRY JELLO SLICED WHEAT BREAD	CHICKEN PARMESAN LINGUINE W/ BUTTER & PARSLEY ITALIAN- STYLE VEGETABLES HONEYDEW	CLOSED HOLIDAY BBQ PORK RIB PATTY BAKED BEANS CAULIFLOWER PEAR HALVES SLICED WHEAT BREAD	MEAT LOAF MASHED POTATOES CORN W/ GREEN BEANS HEART BLEND SALAD PINEAPPLE TIDBITS	SMOKED CHICKEN CITRUS SALAD (CARROTS, BELL PEPPERS, MADARIN ORANGES) POTATO SALAD PEARS SLICED WHEAT BREAD	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 (Currently Closed) Home Delivered 9:00a.m. to 1:30
	16	17	18	19	20	
Dairy 8oz. 1% milk	BARBACOA (W ONION & CILANTRO) REFRIED BEANS GREEN BEANS ROMAINE SALAD PEACHES CORN TORTILLA	BREADED PORK PATTY W/ COUNTRY GRAVY MASHED RED POTATOES CALIFORNIA BLEND VEGETABLES HONEYDEW	BEEF STEW (RED POTATOES, CELERY, CARROTS & CABBAGE) VALLEY BLEND SALAD CANTALOUPE WHOLE WHEAT TORTILLA	CHICKEN CHIMICHANGA W/ CHILE VERDE SAUCE REFRIED BEANS PEAS ROMAINE SALAD APPLESAUCE	SPAGUETTI W/ MEAT SAUCE CARROTS ARCADIAN BLEND VEGETABLES TROPICAL FRUIT SLICED WHEAT BREAD	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal and \$.25 tea or coffee
	23	24	25	26	27	
Fruit/ Dessert 1/2 cup	LEMON PEPPER FISH JASMINE RICE ZUCCHINI VALLEY BLEND SALAD FRUIT COCKTAIL SLICED WHEAT BREAD	BEEF HOT DOG *HIGH SODIUM FOOD TATER TOTS CORN CARROT SALAD TAPIOCA PUDDING (Bread: WHEAT HOT DOG BUN)	BAKED HAM CUT YAMS CABBAGE GARDEN SALAD PEACHES WHEAT BREAD	CLOSED HOLIDAY SALISBURY STEAK MASHED POTATOES BROCCOLI MANDARINS SLICED WHEAT BREAD	CLOSED HOLIDAY KOREAN-STYLE CHICKEN 5 WAY GRAIN CALIFORNIA VEGETABLE BLEND TROPICAL FRUIT SALAD	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.
	30					
(1-2 servings) 1/2 should be whole grain => 1,000 mg sodium	CHEESEBURGER POTATO SALAD GREEN BEANS LETTUCE W/ TOMATO (Bread: Wheat Hamburger Bun) BANANA					

J. Lopez MBA RDN

