



MONTHLY MENU PLANNER

MENU APRIL 2026

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	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. SPAGHETTI WITH MEAT SAUCE (CHEESE) CARROTS GREEN SALAD W/ TOMATOE PEACH BREAD ROLL	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	Friday	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	6	7	8	9	10	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
		3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) THREE BEAN SALAD (CHILLED) APRICOTS WHEAT BREAD	10oz. BEEF MINSTRONE SOUP GREEN SALAD ORANGES CORN BREAD	3oz. TACO PORK AL PASTOR REFRIED BEANS ZUCHINI & STEWED TOMATOES ROMAINE SALAD PINEAPPLE TIDBITS	
Dairy 8oz. 1% milk	13	14	15	16	17	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	3oz. CHICKEN ALFREDO W/ PASTA (CHEESE) SPINACH TROPICAL FRUIT SALAD WHEAT BREAD	5oz. CHILE RELLENO SPANISH RICE GREEN BEANS PLAINTAINS CORN TORTILLA	3oz. BEEF CHEESEBURGER POTATO WEDGES SLICED CARROTS LETTUCE W/ SLICED TOMATO PEACHES WHEAT BREAD	3oz. FISH TACO W/ SALSA FRESCA (TOMATO, ONION,, LEMON, AND CILANTRO) REFRIED BEANS SHREDDED CABBAGE SALAD CANTALOUPE CORN TORTILLA	3oz. MEATLOAF W/ TOMATO SAUCE MASHED POTATOES GREEN BEANS ROMAINE SALAD W/ TOMATO TROPICAL FRUIT BREAD ROLL	
Fruit/ Dessert 1/2 cup	20	21	22	23	24	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. Heber Senior Nutrition, 1132 Heber Ave. Calipatria Senior Nutrition 150 N Park Ave.
	3oz. ORANGE CHICKEN (BREADED CHICKEN, SAUCE, BELL PEPPERS, AND ONIONS) ASIAN RICE MIXED VEGETABLES APRICOTS WHEAT BREAD	BEEF CHILI BEANS (GROUND BEEF, PINTO BEANS ONION, BELL PEPPER, PAPIKA) CALIFORNIA BLEND VEGETABLES ORANGES CORN BREAD	3oz. CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS TROPICAL FRUIT WHEAT BREAD	3oz. BAKED HAM (GLAZED) AU GRATIN POTATOES BROCCOLI CUTS GREEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	3oz. BEEF DIJON (BEEF, CARAMELIZED ONION, MUSTARD) OVER NOODLES VEGETABLE BLEND CHEFCUT KEY LARGO ROMAINE SALAD W/TOMATOE BANANA	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	27	28	29	30		
	3oz. BBQ PORK RIB PATTY POTATO WEDGES GREEN BEANS W/ CORN ROMAINE SALAD ORANGES WHEAT BREAD	3oz. BEEF BARBACOA CILANTRO AND ONION GARNISH SPANISH RICE 4 WAY MIX VEGETABLES MIXED FRUIT CORN TORTILLA	3oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEARS WHEAT BREAD	3oz. BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD PEACHES WHEAT BREAD		

REVIEWED AND APPROVED BY ANNIE HUBER RDN

