


MONTHLY MENU PLANNER

MENU FEBRUARY 2025


	Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meat/ Alternative 2 oz.	3	4	5	6	7	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. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEARS WHEAT BREAD	3oz. POT ROAST (3oz beef, red potatoes, carrots, celery, and tomato) ROMAINE SALAD MANDARINS WHEAT BREAD	3oz. BEEF HOT DOGS POTATO WEDGES SLICED CARROTS ROMAINE SALAD W/ TOMATO APRICOTS WHEAT HOT DOG BUN	3oz. CHICKEN MOLE SPANISH RICE TUSCANY BLEND VEGETABLES GARDEN SALAD PINEAPPLE TIDBITS CORN TORTILLA	3oz. COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS GREEN SALAD TROPICAL FRUIT MIX WHEAT BREAD	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	10	11	12	13	14	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. TURKEY W/ GRAVY RED POTATOES CAULIFLOWER GARDEN SALAD CRANBERRY MOLD WHEAT BREAD ROLL	3oz. BARBACOA (CILANTRO AND ONION TOPPING) LEMON PACKET SPANISH RICE GREEN BEANS CANTALOUPE W/ GRAPES BREAD ROLL	3oz. HAM & LENTIL BEAN SOUP (CARROT, CELERY, AND ONION) ROMAINE SALAD BANANA WHEAT BREAD	4oz. CHICKEN BREAST CORDON BLEU MASHED POTATOES MIXED VEGETABLES GARDEN SALAD TROPICAL FRUIT SALAD WHEAT BREAD	3oz. SALISBURY STEAK W/ GRAVY AND MUSHROOM PIECES POTATO WEDGES BROCCOLI CUTS ROMAINE SALAD PEACHES WHEAT BREAD	
Dairy 8oz. 1% milk	17	18	19	20	21	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	CLOSED PRESIDENT'S DAY HOLIDAY	3oz. BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD PEARS WHEAT BREAD	3oz. CHICKEN PARMESAN PASTA PEAS SALAD MIX WATERMELON W/ GRAPES WHEAT BREAD	3oz. BAKED HAM CUT YAMS MIXED VEGETABLES ROMAINE SALAD ORANGES WHEAT BREAD	10oz. BEEF CHILI BEANS (ground beef, pinto beans, onion, garlic, pepper, and tomato) ROMAINE SALAD W/ TOMATO PINEAPPLE TIDBITS FRESH MADE CORN BREAD	
Fruit/ Dessert 1/2 cup	24	25	26	27	28	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Brawley Senior Nutrition, 575 J St. Caléxico Senior Nutrition, 707 Doal 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.
	3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD	3oz. BBQ RIB PATTY RANCH BEANS 4 WAY MIX VEGETABLE GREEN SALAD PEACHES WHEAT BREAD	10oz. ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO MANDARINS CORN TORTILLA	3oz. GORCHOY BEEF (BEEF, GARLIC, CHERRY TOMATO, LOW SODIUM SOY SAUCE, AND GREEN ONION) BROWN RICE BROCCOLI CUTS MIXED FRUIT WHEAT BREAD	2.8oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, BREAD, AND TOMATO) THREE BEAN SALAD (chilled) APRICOTS	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium						

REVIEWED AND APPROVED BY ANNIE HUBER RDN

Happy Valentine's Day

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	3oz. POLLO A LA PARRILLA AZADO ARROZ LIMON CON CILANTRO EJOTES ENSALADA VERDED CON TOMATE PERA PAN DE TRIGO	3oz. POT ROAST DE RES (3oz. res, papa, apio, zanahoria, y tomate) ENSALADA ROMANA MANDARINA PAN DE TRIGO	3oz. HOT DOG DE RES PAPAS ZANAHORIAS LECHUGA CON TOMATE CHABACANO PAN DE HOT DOG DE TRIGO	3oz. MOLE DE POLLO ARROZ ROJO VEGETALES MIXTOS ENSALADA VERDE NARANJA TORTILLA DE MAIZ	3oz. TROSO DE RES MOLIDO EMPANIZADO ESTILO COUNTRY PURE DE PAPA EJOTES ENSALADA VERDE FRUTA TROPICAL MIXTA PAN DE TRIGO	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	10	11	12	13	14	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. CORTE DE PAVO PAPA ROJAS COLIFLOR ENSALADA GELATINA CON ARANDANO BOLILLO DE PAN	3oz. BABACOA DE RES (CILANTRO Y CEBELLO) PAQUETE DE LIMON ARROZ ROJO EJOTES VERDES MELON CON UVAS PAN DE BOLILLO	3oz. HAM & LENTIL BEAN SOUP (CARROT, CELERY, AND ONION) ROMAINE SALAD BANANA WHEAT BREAD	4oz. POLLO CORDON BLEU PURE DE PAPA EJOTES VERDES ENSALADA VERDE ENSALADA DE FRUTA TROPICAL PAN DE TRIGO	3oz. TROSO DE RES MOLIDO CON GRAVY Y CHAMIÑONES TIRAS DE PAPAS BROCOLI ENSALADA ROMANA CHABACANO PAN DE TRIGO	
Dairy 8oz. 1% milk	17	18	19	20	21	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	CLOSED PRESIDENT'S DAY HOLIDAY	3oz. FILETE DE PESCADO EMPANIZADO ARROZ INTEGRAL ESPINACAS ENSALADA DE REPOLLO PERA PAN INTEGRAL	3oz. POLLO PARMESANO PASTA CHICHAROS ENSALADA MIXTA SANDIA CON UVAS PAN DE TRIGO	3oz. JAMON AL HORNO PAPA ENDULSADA VEGETALES MIXTOS ENSALADA ROMANA NARANJA PAN DE ELOTE	10oz. CHILI BEANS DE RES (carne molida, frijoles pintos, cebolla, tomate, chile verde) ENSALADA ROMANA CON TOMATE TROSOS DE PIÑA PAN DE ELOTE	
Fruit/ Dessert 1/2 cup	24	25	26	27	28	El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st St. Brawley Senior Nutrition, 575 J St. Galexico 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.
	3oz. ENSALADA DE ATUN (3oz. Atun, apio, tomate, cebolla, mayonesa, mostasa, y lechuga) TROSOS DE VETABEL PLATANO PAN DE TRIGO	3oz. TROZO DE PUERCO CON SALSA BARBACUE FRIJOLES VEGETALES MIXTOS ENSALADA VERDE DURAZNO	10oz. CALDO DE ALBONDIGA (3/1oz. ALBONDIGA, CALABASA, ZANAHORIA, and PAPA) LIMON & CILANTRO MANDARINA TORTILLA	3oz. GORCHOY DE RES (CARNE DE REZ, AJO, TOMATE, Y CEBOLLA) ARROZ BROCOLI FRUTAS MIXTAS WHEAT BREAD	2.8oz. TORTA DE JAMON (JAMON, QUESO, LECHUGA, TOMATE, PAN, MOSTASA, Y MAYONESA) ENSALADE DE FRIJOL VERDE (FRIO) CHABACANO	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium						

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