


# MENU DE ENERO 2025

Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meal Alternative 2 oz.	2	3	1	2	3	El Programa de Nutrición para Personas Mayores se le proporciona a través de un contrato con la Agencia de Área para Envejecimiento del del Condado de Imperial a través de fondos recibidos del Departamento de Envejecimiento de California. Comuníquese con la AAA al (442) 265-7000 para obtener información adicional sobre programas para personas mayores.
			CERRADO AÑO NUEVO 2025	3oz. HOT DOG DE RES PAPAS ZANAHORIAS LECHUGA CON TOMATE CHABACANO PAN DE HOT DOG DE TRIGO	10oz. CALDO DE POLLO ESTILO PAWTUCKET (pollo, elote, crema, cebolla, zanahorias, y apio) ENSALADA VERDE NARANJA PAN DE TRIGO	
Vegetable 1-2 servings (cup or leafy = 1 serving)	6	7	8	9	10	A) Menú sujeto a cambio en cualquier momento. B) Café, té y descafeinado. Se pueden usar bebidas, pero no se contarán para cumplir con ninguna parte del patrón de comidas. C) Almuerzo servido de 11:30 a.m. a 12:00 del mediodía @ Sitios de comedor. Entrega a domicilio 9:00 a.m. a 1:30 p.m.
	3oz. ENSALADA DE ATUN (3oz. Atun, apio, tomate, cebolla, mayonesa, mostaza, y lechuga) TROSOS DE VETABEL PLATANO PAN DE TRIGO	10oz. CALDO DE ALBONDIGAS (3/1oz. Albondigas, calabazas, zanahorias, y papas) LIMON Y CILANTRO PLATANO TORTILLA DE MAIZ	4oz. POLLO CORDON BLEU PURE DE PAPA EJOTES VERDES ENSALADA VERDE ENSALADA DE FRUTA TROPICAL PAN DE TRIGO	3oz. BABACOA DE RES (CILANTRO Y CEBELLO) PAQUETE DE LIMON ARROZ ROJO EJOTES VERDES CHABACANO PAN DE BOLILLO	3oz. CALDO DE LENTEJAS CON JAMON (ZANAHORIA, APIO, Y CEBOLLA) ENSALADA ROMANA PIÑA PAN DE TRIGO	
Dairy 8oz. Milk	13	14	15	16	17	D) Comidas previa reservación: favor de llamar Transporte: (VT RIDE: 337-1760 E) Contribución sugerida \$2.00 Comida
	3oz. TIRAS DE POLLO EMPANIZADO PURE DE PAPA VEGETALES DE INVIERNO ENSALDA CHABACANO PAN DE TRIGO	3oz. POT ROAST DE RES (3oz. res, papa, apio, zanahoria, y tomate) ENSALADA ROMANA PERA PAN DE TRIGO	CHILE RELLENO ARROZ EJOTES ENSALADA VERDE PLATANO TORTILLA DE MAIZ	3oz. MOLE DE POLLO ARROZ ROJO VEGETALES MIXTOS ENSALADA VERDE NARANJA TORTILLA DE MAIZ	3oz. FILETE DE PESCADO EMPANIZADO ARROZ INTEGRAL ESPINACAS ENSALADA DE REPÓLLO MELON CON UVAS PAN INTEGRAL	
Fruit/Dessert 82 cup	20	21	22	23	24	El Centro Desert Villas, 1755 W. Main El Centre Community Center, 585 S. 1st. St. Brawley Senior Nutrition, 575 J St. Calcevia Senior Nutrition, 707 Doal Westmorland Senior Nutrition, 296 3rd St Ocotillo Senior Nutrition, 1683 Imperial Hwy Salton City, 1375 Borrego Salton Sea Way Hotville Senior Nutrition, 950 N. Holt. Heber Senior Nutrition, 1132 Heber Ave.
	CERRADO DIA FESTIVO DIA DE MARTIN LUTHER KING JR.	3oz. JAMON AL HORNO PAPA ENDULSADA VEGETALES MIXTOS ENSALADA ROMANA PERAS PAN DE ELOTE	3oz. TROSO DE RES MOLIDO CON GRAVY Y CHAMIÑONES TIRAS DE PAPAS BROCOLI ENSALADA ROMANA FRUTA TROPICAL MIXTA PAN DE TRIGO	3oz. CORTE DE PAVO PAPA ROJAS COLIFLOR ENSALADA GELATINA CON ARANDANO BOLILLO DE PAN	3oz. GORCHOY DE RES (RES, AJO, TOMATE, SALSA DE SOYA, Y CEBOLLA) ARROZ BROCOLI NARANJA PAN DE TRIGO	
1-2 servings 1/2 should be whole grain > 1,000mg sodium	27	28	29	30	31	
	2.7oz. HAMBURGESA DE RES TROZO DE PAPA EMPANIZADA ZANAHORIAS LECHUGA Y TOMATE PLATANO (Pan De Trigo)	3oz. TROSO DE RES MOLIDO EMPANIZADO ESTILO COUNTRY PURE DE PAPA EJOTES ENSALADA VERDE FRUTA TROPICAL MIXTA PAN DE TRIGO	3oz. POLLO PARMESANO PASTA CHICHAROS ENSALADA MIXTA SANDIA CON UVAS PAN DE TRIGO	10oz. CHILI BEANS DE RES (carne molida, frijoles pintos, cebolla, tomate, chile verde) ENSALADA ROMANA CON TOMATE TROSOS DE PIÑA PAN DE ELOTE	3oz. TROZO DE PUERCO CON SALSA BARBACUE FRIJOLES VEGETALES MIXTOS ENSALADA VERDE DURAZNO	

REVIEWED AND APPROVED BY ANNIE HUBER RDN



# MONTHLY MENU PLANNER

## MENU JANUARY 2025

Area Agency on Aging PSA24

CC CAFE

Catholic Charities, Diocese of San Diego

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meal/ Alternative 2 oz.			1	2	3	<p>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) 285-7000 for additional senior programs information.</p>
			 <p>CLOSED NEW YEARS 2025</p>	<p>3oz. BEEF HOT DOGS POTATO WEDGES SLICED CARROTS ROMAINE SALAD W/ TOMATO APRICOTS WHEAT HOT DOG BUN</p>	<p>10oz. PAWTUCKET CHICKEN CORN CHOWDER (CHICKEN, CREAM OF SOUP, ONION, CARROTS, AND CELERY) GARDEN SALAD ORANGES CORN BREAD</p>	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	6	7	8	9	10	<p>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</p>
	<p>3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD</p>	<p>10oz. ALBONDIGA SOUP (3 1/2oz. Meatballs, zucchini, carrots, and potatoes) LEMON &amp; CILANTRO BANANA CORN TORTILLA</p>	<p>4oz. CHICKEN BREAST CORDON BLEU MASHED POTATOES MIXED VEGETABLES GARDEN SALAD TROPICAL FRUIT SALAD WHEAT BREAD</p>	<p>3oz. BARBACOA (CILANTRO AND ONION TOPPING) LEMON PACKET SPANISH RICE GREEN BEAN'S CANTALOUPE W/ GRAPES BREAD ROLL</p>	<p>3oz. HAM &amp; LENTIL BEAN SOUP (CARROT, CELERY, AND ONION) ROMAINE SALAD PINEAPPLE TIDBITS WHEAT BREAD</p>	
Dairy 8oz. 1% milk	13	14	15	16	17	<p>D) Meals by reservation please call Transportation: IVT RIDE: 637-1760 E) Suggested Contribution \$2.00 Meal</p>
	<p>0oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEARS WHEAT BREAD</p>	<p>0oz. POT ROAST (3oz beef, red potatoes, carrots, celery, tomato) ROMAINE SALAD MANDARINS WHEAT BREAD</p>	<p>4oz. CHILE RELLENO SPANISH RICE GREEN BEANS ROMAINE SALAD BAKED PLANTAINS CORN TORTILLA</p>	<p>3oz. CHICKEN MOLE SPANISH RICE TUSCANY BLEND VEGETABLES GARDEN SALAD PINEAPPLE TIDBITS CORN TORTILLA</p>	<p>3OZ. BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD PEACHES WHEAT BREAD</p>	
Fruit/ Dessert 1/2 cup	20	21	22	23	24	<p>El Centro Desert Villas, 1755 W. Main El Centro Community Center, 385 S. 1st. St. Bradley Senior Nutrition, 675 J St. Calaveco Senior Nutrition, 707 Deal Westmorland Senior Nutrition, 288 3rd St Oceanside Senior Nutrition, 1663 Imperial Hwy Salton City, 1375 Borrego Salton Sea Way Holtville Senior Nutrition, 950 N. Holl. Hebar Senior Nutrition, 1132 Hebar Ave.</p>
	<p>CLOSED MARTIN LUTHER KING JR. DAY HOLIDAY</p>	<p>3oz. BAKED HAM CUT YAMS MIXED VEGETABLES ROMAINE SALAD PEARS WHEAT BREAD</p>	<p>3oz. SALISBURY STEAK W/ GRAVY AND MUSHROOM PIECES POTATO WEDGES BROCCOLI CUTS ROMAINE SALAD PEACHES WHEAT BREAD</p>	<p>3oz. TURKEY W/ GRAVY RED POTATOES CAULIFLOWER GARDEN SALAD CRANBERRY MOLD BREAD ROLL</p>	<p>3oz. GORCHOY BEEF (BEEF, GARLIC, CHERRY TOMATO, LOW SODIUM SOY SAUCE, AND GREEN ONION) BROWN RICE BROCCOLI CUTS ORANGES WHEAT BREAD</p>	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	27	28	29	30	31	
	<p>3oz. BEEF HAMBURGER BREADED SPIRAL POTATOES SLICED CARROTS LETTUCE W/ TOMATO BANANA (Wheat hamburger bun)</p>	<p>3oz. COUNTRY FRIED STEAK MASHED POTATOES GREEN BEANS GREEN SALAD TROPICAL FRUIT MIX WHEAT BREAD</p>	<p>3oz. CHICKEN PARMESAN PASTA PEAS SALAD MIX WATERMELON W/ GRAPES WHEAT BREAD</p>	<p>10oz. BEEF CHILI BEANS (ground beef, pinto beans, onion, garlic, pepper, and tomato) ROMAINE SALAD W/ TOMATO PINEAPPLE TIDBITS FRESH MADE CORN BREAD</p>	<p>3oz. BBQ RIB PATTY RANCH BEAN'S 4 WAY MIX VEGETABLE GREEN SALAD PEACHES WHEAT BREAD</p>	

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