



# MONTHLY MENU PLANNER

## MENU MAY 2026

Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Meat/ Alternative 2 oz.					<b>1</b>	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.
					<b>3oz.</b> COUNTRY FRIED STEAK W/ GRAVY MASHED POTATOES ASPARAGUS CUTS W/ PEARL ONION GREEN SALAD TROPICAL FRUIT MIX WHEAT BREAD	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	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
	<b>3oz.</b> BEEF CHEESEBURGER POTATO WEDGES SLICED CARROTS LETTUCE W/ SLICED TOMATO RAINBOW SHERBET WHEAT BREAD	<b>5oz.</b> CHILE RELLENO SPANISH RICE GREEN BEANS PLAINTAINS CORN TORTILLA	<b>3oz.</b> BEEF CHILI BEANS (GROUND BEEF, PINTO BEANS, ONION, BELL PEPPER, PAPRIKA) CALIFORNIA BLEND VEGETABLES ORANGES CORN BREAD	<b>3oz.</b> TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD	<b>3oz.</b> TACO PORK AL PASTOR REFRIED BEANS ZUCHINI & STEWED TOMATOES ROMAINE SALAD PINEAPPLE TIDBITS	
Dairy 8oz. 1% milk	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	D) Meals by reservation: please call Transportation. IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	<b>3oz.</b> ORANGE CHICKEN (BREADED CHICKEN, SAUCE, BELL PEPPERS, AND ONIONS) ASIAN RICE MIXED VEGETABLES APRICOTS WHEAT BREAD	<b>3oz.</b> BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD PEACHES WHEAT BREAD	<b>3oz.</b> GORCHOY BEEF (BEEF, GARLIC, CHERRY TOMATO, LOW SODIUM SOY SAUCE, AND GREEN ONION) BROWN RICE BROCCOLI CUTS MIXED FRUIT WHEAT BREAD	<b>3oz.</b> CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS FRUIT AMBROSIA SALAD CORN TOSTADA	<b>3oz.</b> BEEF BARBACOA CILANTRO AND ONION GARNISH SPANISH RICE 4 WAY MIX VEGETABLES MIXED FRUIT CORN TORTILLA	
Fruit/ Dessert 1/2 cup	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	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.
	<b>3oz.</b> MANDARIN CHICKEN SALAD (CARROTS, BELL PEPPERS, SLICED MANDARINS, CROUTON, AND ONIONS) APRICOTS WHEAT BREAD	<b>10oz.</b> ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO MANDARINS CORN TOSTADA	<b>3oz.</b> HAM & LENTIL BEAN SOUP (CARROT, CELERY, AND ONION) ROMAINE SALAD BANANA WHEAT BREAD	<b>3oz.</b> CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS WHEAT BREAD	<b>3oz.</b> CHILE COLORADO REFRIED BEANS SPINACH ARCADIAN SALAD ORANGES CORN TORTILLA	
(1-2 servings) 1/2 should be whole grain = > 1,000mg sodium	 <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
	<b>MEMORIAL DAY</b>	<b>3/1oz.</b> MEATBALL SUB (MARINARA SAUCE & MOZZARELLA CHEESE) BROCCOLI CUTS ROMAINE SALAD BANANA WHEAT BREAD	<b>3oz.</b> FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEACHES WHEAT BREAD	<b>3oz.</b> SALISBURY STEAK W/ MUSHROOM GRAVY POTATO WEDGES CARROTS GREEN SALAD ORANGES CORN BREAD	<b>3oz.</b> CHICKEN MOLE SPANISH RICE TUSCANY BLEND VEGETABLES GARDEN SALAD PINEAPPLE TIDBITS CORN TORTILLA	

REVIEWED AND APPROVED BY ANNIE HUBER RDN

