MONTHLY MENU PLANNER

MENU OCTOBER 2026

Area Agency on Aging PSA24 — CC CAFE — Catholic Charities, Diocese of San Diego

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1	2	
Meat/ Alternative 2 oz				3oz. MEATLOAF W/ TOMATO SAUCE MASHED POTATOES GREEN BEANS ROMAINE SALAD W/ TOMATO TROPICAL FRUIT BREAD ROLL	3oz. TUNA SALAD (3oz. Tuna mixed with mayonnaise, mustard, onion, celery, tomato, on a bed of shredded lettuce) CHILLED BEETS BANANA WHEAT BREAD	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.
	5	6	7	8	9	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	3oz. CHICKEN ALFREDO W/ PASTA (CHEESE) SPINACH SALAD MANDARINS WHEAT BREAD	3oz. GORCHOY BEEF (BEEF, GARLIC, CHERRY TOMATO, LOW SODIUM SOY SAUCE, AND GREEN ONION) BROWN RICE BROCCOLI CUTS MIXED FRUIT HAWAIIAN BREAD	3oz. CHICKEN PARMESAN LINGUINI W/BUTTER SPINACH ROMAINE SALAD MANGO/ GRAPES WHEAT BREAD	3oz. BEEF BARBACOA SPANISH RICE 4 WAY MIX VEGETABLES PICO DE GALLO SALAD TROPICAL AMBROSIA BREAD ROLL	3oz. CHICKEN PATTY W/ GRAVY MASHED POTATOES GREEN BEANS GARDEN SALAD PINEAPPLE TIDBITS 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. Home Delivered 9:00a.m. to 1:30
	12	13	14	15	16	
Dairy 8oz. 1% milk	Closed Holiday	3oz. FIRE BLAZE CHICKEN CILANTRO LIME RICE GREEN BEANS GREEN SALAD W/ TOMATO PEARS WHEAT BREAD	10oz. ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO MANDARINS CORN TORTILLA	3oz. CHICKEN MOLE SPANISH RICE GARDEN SALAD W/ TOMATO MANGO/ GRAPES HAWAIIAN BREAD	3oz. SALISBURY STEAK W/ GRAVY AND MUSHROOM PIECES POTATO WEDGES BROCCOLI CUTS ROMAINE SALAD PEACHES WHEAT BREAD	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution $2.00 Meal
	19	20	21	22	23	
Fruit/ Dessert 1/2 cup	3oz. SPAGUETTI WITH MEATBALLS ITALIAN VEGETABLE MIX GREEN SALAD MANDARINS WHEAT BREAD	3oz. CHICKEN TINGA REFRIED BEANS VEGATABLES ROMAIN SALAD W/ TOMATO HONEYDEW CORN TOSTADA	2.7oz. HAM HOAGIE (HAM, CHEESE, LETTUCE, MAYONNAISE, MUSTARD, AND TOMATO) MACARONI SALAD APRICOTS WHEAT BREAD	3oz. CHILE COLORADO REFRIED BEANS GREEN BEANS W/ CORN ARCADIAN SALAD ORANGES CORN TORTILLA	3oz. CHICKEN WRAP (chicken, bacon, chesee, lettuce, diced tomatoe) POTATO SALAD RAINBOW SHERBET WHEAT TORTILLA	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.
	26	27	28	29	30	
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	3oz. BAKED FISH WILD RICE ZUCCHINI W/ TOMATO GREEN SALAD HONEYDEW MELON W/ GRAPES BREAD	3oz. HAM & LENTIL SOUP (CARROTS, AND ONION) ROMAINE SALAD TROPICAL FRUIT WHEAT BREAD	3oz. CHICKEN TOSTADA MOZARELLA CHEESE SHREDDED LETTUCE W/ TOMATO CHILLED BEETS MANGO W/ GRAPES	NEW MENU 3oz. BEEF TORTILLA CASSEROLE ZUCCHINI W/ TOMATO AND CHEESE ROMAINE SALAD PEACH	10oz. BEEF MINESTRONE SOUP GREEN SALAD BANANA CORN BREAD	

REVIEWED AND APPROVED BY ANNIE HUBER RDN