


# MENU SEPTEMBER 2024

Area Agency on Aging PSA24		CC CAFE		Catholic Charities, Diocese of San Diego		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	2	3	4	5	6	
Meat/ Alternative 2 oz.	CLOSED HOLIDAY LABOR DAY	3oz. MEATLOAF POTATO WEDGES CARROTS GREEN SALAD APRICOTS WHEAT BREAD	3oz. BAKED HAM W/ GRAVY AU GRATIN POTATOES CAULIFLOWER ROMAINE SALAD MANDARINS WHEAT BREAD	3oz. POLLO AZADO TACO (chopped grilled citrus blend chicken) PINTO BEANS ZUCCHINI W/ CORN COLESLAW SALAD TROPICAL FRUIT MIX CORN TORTILLA	10oz. ALBONDIGA SOUP (3/1oz. Meatballs, zucchini, carrots, and potatoes) LEMON & CILANTRO PEACHES 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.
	9	10	11	12	13	
Vegetable 1 - 2 servings (1 cup raw leafy = 1 serving)	3oz. CHICKEN ALFREDO (3oz. Grilled chicken on a bed of pastaw/ alfredo sauce, and cheese) Parsley Flakes garnish GARDEN SALAD PEACH HALVES WHEAT BREAD	3oz. GARCHOY BEEF (BEEF, GARLIC, CHERRY TOMATO, LOW SODIUM SOY SAUCE, AND GREEN ONION) BROWN RICE BROCCOLI CUTS ORANGES WHEAT BREAD	4oz. CHICKEN BREAST CORDON BLEU MASHED POTATOES GREEN BEANS GARDEN SALAD PEARS WHEAT BREAD	3oz. POT ROAST (3oz. Beef, Red potatoes, celery, carrots, and tomato) ROMAINE SALAD MANDARINS WHEAT BREAD	3oz. TURKEY W/ GRAVY RED POTATOES CAULIFLOWER CARROT SALAD CANTALOUPE W/ GRAPES 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
	16	17	18	19	20	
Dairy 8oz. 1% milk	3oz. BEEF CHILI BEANS (ground beef, pinto beans, onion, garlic, pepper, and tomato) ROMAINE SALAD W/ TOMATO PINEAPPLE TIDBITS FRESH MADE CORN BREAD	4oz. CHILE RELLENO SPANISH RICE GREEN BEANS ROMAINE SALAD W/ TOMATO BAKED PLANTAINS CORN TORTILLA	3oz. BREADED FISH (TARTAR SAUCE) BROWN RICE SPINACH COLESLAW SALAD CANTALOUPE W/ GRAPES WHEAT BREAD	3oz. BAKED HERBED CHICKEN WILD RICE(whole grain) CAULIFLOWER CAPRI VEGETABLE BLEND APRICOTS WHEAT BREAD	3oz. HAM & LIMA BEAN SOUP (CARROT, CELERY, AND ONION) ROMAINE SALAD TROPICAL FRUIT MIX WHEAT BREAD	D) Meals by reservation: please call Transportation: IVT RIDE: 337-1760 E) Suggested Contribution \$2.00 Meal
	23	24	25	26	27	
Fruit/ Dessert 1/2 cup	3oz. BBQ PORK MASHED POTATOES PEAS W/ PEARL ONION GARDEN SALAD DICED PEACHES BANANA WHEAT BREAD	3oz. CHICKEN TOSTADA (chicken, mayonnaise, mustard, mozzarella cheese, lettuce, and tomato) PEA SALAD CRANBERRY MOLD CORN TOSTADA	3oz. TUNA SALAD (3oz. Tuna, mixed with mayonnaise, mustard, onion, tomato, celery, on a bed of shredded lettuce) TREE BEAN SALAD APRICOTS WHEAT BREAD	3oz. MANDARIN CHICKEN (CHICKEN, BELL PEPPERS, ONION, AND SAUCE) VEGETABLE FRIED RICE BROCCOLI ROMAINE SALAD PEARS WHEAT BREAD	3oz. BEEF DIJON W/ CAREMILIZED ONION PARSLEY BUTTERED NOODLES SLICED CARROTS GARDEN SALAD PINEAPPLE TIDBITS CORN BREAD	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 Hotville Senior Nutrition, 950 N. Holt. Heber Senior Nutrition, 1132 Heber Ave.
	30					
(1-2 servings) 1/2 should be whole grain = > 1,000 mg sodium	3oz. BEEF CHESEBURGER OVEN TWISTED POTATOES GREEN BEANS ICEBERG LETTUCE W/ SLICED TOMATO APRICOTS WHEAT BUN					

REVIEWED AND APPROVED BY ANNIE HUBER RDN