



Reservations & Cancellations:

Please call (209) 365-0572, up to **7 days** in advance if you would like to join us for lunch. Please call at least **24 hours** in advance to cancel your reservation, or cancel your Home Delivered Meal.

| S | | | enior center | your Home Delivered Meal. | |
|---------------------------------|-----------|-----------------------|------------------------|---------------------------|-----------------------|
| МО | NDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| \$4.00 Suggested | | 1 | 2 | 3 | |
| | | | CLOSED | Beef Chili | Creamy Veggie Pasta |
| Lunch Contribution. | | | | Cheese, Onion, | ~Peas & Spinach |
| Lunch served daily at 11:30 AM. | | | | Sour Cream | Brussel Sprout |
| | | | HAPPY. | Baked Potato | Italian Bean Salad |
| | | | YEAR | ~Spinach | Garlic Bread |
| | | | | Roll w/ Butter | *Kiwi |
| | | | | *Cantaloupe | 1% Milk |
| | | | | 1% Milk | VEG |
| 6 | | 7 | 8 | 9 | 10 |
| Beef S | troganoff | Chicken and Dumplings | Beef Stew | Pulled Pork Sandwich | Cajun Cod |
| Buttere | d Noodles | ~*Mixed Veggies | Carrot, Onion, Celery | Whole Wheat Bun | Rice Pilaf |
| ~Baked Sweet Potato | | Tater Tots | Mash Potato | ~Sweet Potato Fries | ~Butternut |
| Rollv | v/ Butter | Wheat Cracker | Broccoli | Brussel Sprout | Squash&Broccoli |
| *0 | range | Apple | Roll w/ Butter | Coleslaw | Crispy Green Beans |
| 19 | 6 Milk | Bread Pudding | *Cantaloupe | *Mandarin | *Kiwi |
| | | 1% Milk | 1% Milk | 1% Chocolate Milk | 1% Milk |
| 13 | | 14 | 15 | 16 | 17 |
| Teriy | aki Beef | Spaghetti | Chicken Cordon Bleu | Salisbury Steak | Shrimp and Grits |
| Brov | vn Rice | w/ Meat Sauce | Mash Potato | Mash Potato | Brussel Sprout |
| ~Carrots | | ~*Mixed Veggies | Green Beans | Mushroom Gravy | Hush Puppies |
| Pork Egg Roll | | Breaded Zucchini | Roll w/ Butter | ~Peas & Carrot | Roll w/ Butter |
| *Pineapple | | Garlic Bread | *Orange | Roll w/ Butter | *Kiwi |
| Fortune Cookie | | Apple | 1% Milk | *Mandarin | 1% Milk |
| 19 | 6 Milk | 1% Chocolate Milk | | 1% Milk | |
| 20 | | 21 | 22 | 23 | 24 |
| CL | OSED | Minestrone Soup | Chicken Fried Steak ^S | Portuguese Beans | Sausage & Tater Tot |
| A | 3/ | ~Baked Sweet Potato | Mash Potato | Linguica w/ Pinto Bean | Casserole |
| Marti | 4.00 | Tater Tots | Country Gravy | ~Collard Greens | ~*Mixed Veggies |
| Luther 3 | | Whole Wheat Cracker | ~Carrots | Corn Bread | ~Carrot Raisin Salad |
| King | | *Cantaloupe | Roll w/ Butter | Brownie | Roll w/ Butter |
| Day | 573 | 1% Milk | *Orange | *Kiwi | Apple |
| | A. | VEG | 1% Milk | 1% Milk | 1% Chocolate Milk |
| 27 | | 28 | 29 | 30 | 31 |
| | Chowder | Chicken & Broccoli | Meatloaf | Shepherds Pie | Baked Ziti w/ Sausage |
| ~Peas & Carrot | | Casserole | Mash Potato | Mash Potato | Marinara Sauce |
| Breaded Zucchini | | ~*Mixed Veggies | Brown Gravy | ~Spinach | ~Carrot |
| Roll w/ Butter | | Crispy Green Beans | Brussel Sprout | Roll w/ Butter | Garlic Bread |
| *Mandarin | | Apple | Roll w/ Butter | Ambrosia | *Pineapple |
| 1% Milk | | 1% Milk | *Orange | *Kiwi | 1% Milk |
| | | | 1% Milk | 1% Chocolate Milk | |

- ~ Vitamin A Source
- * Vitamin C Source VEG Vegetarian

^S Meal Contains >1000mg of sodium. Each meal meets 1/3 minimum daily nutritional requirements.