



## **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.

| •                                       | senior center        |                         | cancel your Home Delivered Meal.              |  |
|---|----------------------|-------------------------|---|--|
| MONDAY                                  | TUESDAY              | WEDNESDAY               | THURSDAY                                      | FRIDAY   |
|   | 1                    | 2                       | 3   | 4  |
| \$4.00 Suggested                        | Fettucini Alfredo    | Beef Chili              | Creamy Garlic                                 | Cajun Cod  |
| Lunch Contribution.                     | Pasta w Cream Sauce  | Cheese Onion Sour Cream | Chicken                                       | Rice Pilaf   |
| Lunch is served                         | ~Spinach             | Baked Potato            | Mash Potato                                   | ~Squash & Broccoli   |
| Monday- Friday at<br>11:30 AM.          | Italian Bean Salad   | *~Mixed Veggies         | ~Carrots                                      | Roll w/ Butter   |
| 11.30 AM.                               | Garlic Bread         | Roll w/ Butter          | Roll w/ Butter                                | *Pineapple   |
|   | *Cantaloupe          | *Kiwi                   | *Orange                                       | 1% Milk  |
| * O 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 | 1% Chocolate Milk    | 1% Milk                 | 1% Milk                                       |  |
| 5. 5-6-6 W 1 22 V 6 - 1                 | VEG                  |                         |   |  |
| 7                                       | 8                    | 9                       | 10  | 11   |
| Sausage & ~Peppers                      | Chicken Cordon Bleu  | Fish & Chips            | Spaghetti w/                                  | Biscuit & Gravy  |
| Penne Pasta                             | Mash Potato          | Breaded Cod             | Meat Sauce                                    | Buttermilk Bisquit   |
| ~Carrots                                | Green Beans          | Tater Tots              | ~*Mixed Veggies                               | Sausage Gravy  |
| Roll w Butter                           | Roll w Butter        | ~Spinach                | Garlic Bread                                  | *Broccoli  |
| *Orange                                 | *Kiwi                | Coleslaw                | Peanut Butter Cookie                          | Charred Veggie Salad   |
| 1% Milk                                 | 1% Milk              | *Mandarin               | *Cantaloupe                                   | *Pineapple   |
|   | ^S                   | 1% Milk                 | 1% Milk                                       | 1% Chocolate Milk  |
| 14                                      | 15                   | 16                      | 17  | 18   |
| Swedish Meatballs                       | BBQ Chicken          | Chicken Fried           | Shrimp Scampi                                 | Kale & Gnocchi   |
| Buttered Noodles                        | ~*Mixed Veggies      | Steak ^S                | ~Peas & Carrot                                | Casserole  |
| ~Carrots                                | Potato Salad         | Mash Potato             | Garlic Bread                                  | *Broccoli  |
| Roll w Butter                           | Roll w Butter        | Country Gravy           | Brownie                                       | Green Salad  |
| *Mandarin                               | Apple                | *Brussel Sprout         | *Pineapple                                    | w Bell Pepper  |
| 1% Milk                                 | 1% Milk              | Roll w Butter           | 1% Milk                                       | *Orange  |
|   |                      | *Kiwi                   |   | 1% Chocolate Milk  |
|   |                      | 1% Milk                 |   | VEG  |
| 21                                      | 22                   | 23                      | 24  | 25   |
| Salisbury Steak                         | Chicken Curry        | Baked Ziti w Sausage    | Chicken Pot Pie                               | Shrimp and Sausage   |
| Mash Potato                             | Brown Rice           | Marinara Sauce          | ~*Mixed Veggies                               | Gumbo  |
| Mushroom Gravy                          | *Broccoli            | ~Carrot                 | Cucumber Salad                                | Brown Rice   |
| *Brussel Sprout                         | Pork Egg Roll        | Garlic Bread            | Roll w Butter                                 | ~Spinach   |
| Roll w Butter                           | Flatbread            | *Berry Crisp            | Butter  | *Kiwi  |
| *Orange                                 | *Pineapple           | Pear                    | Apple   | Roll w Butter  |
| 1% Milk                                 | 1% Milk              | 1% Milk                 | 1% Chocolate Milk                             | 1% Milk  |
| 28                                      | 29                   | 30                      |   |  |
| Pozole Rojo w Pork^S                    | Tuna Casserole       | Meatloaf                | ~ Vitamin A Source                            |  |
| White Hominy                            | ~*Mixed Veggies      | Mash Potato             | * Vitamin C Source <b>VEG</b> Vegetarian      |  |
| *Broccoli                               | ~Carrot Raisin Salad | Brown Gravy             | <b>^S</b> Meal Contains > 1000 mg of sodium.  |  |
| Black Beans                             | Roll w Butter        | ~Carrot                 | Each meal meets 1/3 minimum daily nutritional |  |
| Tortilla Strips                         | *Pineapple           | Roll w Butter           | requirements.                                 |  |
| * Mandarin                              | 1% Milk              | *Orange                 |   |  |
| 1% Milk                                 |                      | 1% Milk                 |   | The state of the s |