



MAY 2017

Green Valley Senior Meals



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK PATTY W/ GRAVY OUR CREAM AND CHIVE POTATOE: GLAZED CARROTS WHOLE WHEAT ROLL PEARS 1	BEEF SWISS-STYLE PATTY WHIPPED POTATOES RED CABBAGE & APPLES WHOLE GRAIN ROLL SEASONAL FRUIT 2	TURKEY LASAGNA BROCCOLI FLORETS GARDEN VEGETABLE SALAD GARLIC BREAD PEACHES 3	ORANGE-GLAZED CHICKEN STEAMED SPINACH MARINATED SPRING SALAD MULTI GRAIN BREAD PEARS 4	TURKEY POT PIE GREEN PEAS SPINACH ROMAINE SALAD BISCUIT SEASONAL FRUIT 5
WESTERN PORK STEW CUT GREEN BEANS CARROT/MANDARIN SALAD MULTI GRAIN BREAD VANILLA PUDDING 8	MAC & CHEESE ASIAN BLEND VEGETABLES MARINATED ZUCCHINI SALAD MULTI GRAIN BREAD SEASONAL FRUIT 9	SPAGHETTI W/MEAT SAUCE CUT GREEN BEANS GARLIC BREAD AMBROSIA SALAD CHOCOLATE CHIP COOKIE 10	WAIKIKI CHICKEN WHIPPED SWEET POTATOES STEAMED SPINACH MULTI GRAIN BREAD TROPICAL FRUIT 11	COUNTRY MEATBALLS W/GRAVY BROWN RICE PILAF SCANDINAVIAN VEGGIES MULTI GRAIN BREAD MANDARIN ORANGES 12
BEEF STEW WHOLE KERNEL CORN BRUSSELS SPROUTS WHOLE GRAIN ROLL PEACHES 15	MEATLOAF W/GRAVY PARSLIED POTATOES GREEN PEAS MULTI GRAIN BREAD SPICED APPLES 16	CHICKEN PASTA MARSALA LIMA BEANS & RED PEPPERSW SPINACH ROMAINE SALAD Dressing MULTI GRAIN BREAD SEASONAL FRUIT 17	BREADED BAKED FISH W/ CREOLE SC WHIPPED SWEET POTATOES CREAMY COLE SLAW MULTI GRAIN BREAD PINEAPPLE CHUNKS 18	TAMALES LAYER BAKE WHOLE KERNEL CORN SEASONED CARROTS MULTI GRAIN BREAD TROPICAL FRUIT 19
BAKED CHICKEN W/ SUPREME SC COLCANNON POTATOES STEAMED SPINACH WHOLE WHEAT ROLL PEARS CHOCOLATE COCONUT PUDDING 22	BEEF MUSHROOM PATTY WHIPPED POTATOES MIXED VEGETABLES MULTI GRAIN BREAD PEACH/PINEAPPLE CRISP 23	SWEET & SOUR CHICKEN BROWN RICE CALIF BLEND VEGGIES GREEN PEAS WHOLE GRAIN ROLL SEASONAL FRUIT BIRTHDAY CAKE 24	BEEF & POTATO BAKE CUT GREEN BEANS CAESAR SALAD MULTI GRAIN BREAD PEARS 25	LIMA BEANS & HAM HARVARD BEETS SPINACH ROMAINE SALAD Dressing CORN BREAD APPLESauce 26
MEMORIAL DAY HOLIDAY ALL CENTERS CLOSED 29	CHICKEN & PENNE PASTA STEAMED SPINACH HERBED CARROTS MULTI GRAIN BREAD MANDARIN ORANGES 30	TERIYAKI BEEF TIPS BROWN RICE ASIAN BLEND VEGETABLES MULTI GRAIN BREAD PINEAPPLE CHUNKS 31		

** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED
 ** NUTRITIONAL INFORMATION IS AVAILABLE FOR THESE MEALS UPON REQUEST

THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!

Do you or someone you know eat lunch alone?

Call **Carla Castañeda 520-393-6814**

Congregate meals for **ALL** adults **60+**

Transportation available.

****Full Salad Bar option every Tuesday and Wednesday****

Donation **\$3.00** for participants. **\$7.00** Guest Fee

Please call for reservations in advance!

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