



Green Valley Senior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CHICKEN FAJITAS 1 RANCH BEANS MIXED VEGETABLES WW FLOUR TORTILLA APPLE CRISP	BREADED BAKED FISH W/ LEMON CAPER SC 2 GARDEN BROWN RICE BROCCOLI FLORETS MULTI GRAIN BREAD PINEAPPLE CHUNKS	BEEF HAMBURGER 3 POTATO WEDGES GREEN PEA SALAD LETTUCE/TOMATO WW BUN SEASONAL FRUIT	AZ CHICKEN MINI SALAD/ 4 Dressing BROCCOLI/RAISIN SALAD WW ROLL BANANA PEANUT BUTTER COOKIE
TURKEY LOAF W/GRAVY 7 SOUR CREAM & CHIVE POTATOES GLAZED CARROTS MULTI GRAIN ROLL PEARS	SHOYU CHICKEN 8 RICE PILAF W/MUSHROOMS STEAMED SPINACH SPRING GARDEN SALAD MULTI GRAIN BREAD PEARS	HUNGARIAN GOULASH 9 PASTA SEASONED CARROTS WHOLE KERNEL CORN WW ROLL SEASONAL FRUIT	WHITE CHICKEN LASAGNA 10 BROCCOLI FLORETS SPINACH ROMAINE SALAD GARLIC BREAD PEACHES	ROAST PORK W/GINGER 11 GLAZE GREEN PEAS SEASONED CARROTS CINNAMON APPLESAUCE MULTI GRAIN BREAD VANILLA PUDDING
SALISBURY PATTY W/ GRAVY 14 WHIPPED POTATOES RED CABBAGE & APPLES WW ROLL TROPICAL FRUIT CUP	SWEDISH MEATBALLS 15 ROTINI NOODLES BROCCOLI FLORETS SCANDINAVIAN VEGGIES MULTI GRAIN BREAD MANDARIAN ORANGES	BEEF TOMATO MACARONI 16 SUCCOTASH TOSSED ROMAINE SALAD Dressing MULTI GRAIN BREAD SPICED APPLES	CHICKEN CHOP SUEY 17 BROWN RICE ASIAN BLEND VEGGIES PEA SALAD MULTI GRAIN BREAD PINEAPPLE CUBES	SANTA FE CHICKEN SALAD 18 KIDNEY BEAN SALAD WW ROLL SEASONAL FRUIT CHOCOLATE CHIP COOKIE
BAKED CHICKEN W/ HONEY MUSTARD SC 21 RICE PILAF W/MUSHROOMS STEAMED SPINACH CARROT RAISIN SALAD WW ROLL TROPICAL FRUIT	BEEF STROGANOFF 22 ZITI PASTA SEASONED CARROTS MULTI GRAIN BREAD MELON	CHICKEN POMODORO 23 LIMA BEANS & RED PEPPERS SPINACH ROMAINE SALAD/ Dressing WW ROLL SEASONAL FRUIT BIRTHDAY CAKE	WAIKIKI CHICKEN 24 COLCANNON POTATOES STEAMED SPINACH MULTI GRAIN ROLL PEARS	BREADED BAKED FISH 25 W/VERA CRUZ SC WHIPPED SWEET POTATOES CREAMY COLE SLAW MULTI GRAIN BREAD TROPICAL FRUIT CHOCOLATE COCONUT PUDDING
MEATLOAF W/CREOLE SC 28 PARSLIED POTATOES GREEN PEAS MULTI GRAIN BREAD PINEAPPLE CHUNKS	BAKED CHICKEN SCALLOPINI 29 STEAMED SPINACH PICKLED BEETS MULTI GRAIN BREAD MANDARIN ORANGES	BEEF RIGATONI 30 CUT GREEN BEANS COUNTRY COLE SLAW MULTI GRAIN BREAD PEARS	WHITE CHICKEN CHILI 31 HERBED CARROTS SPINACH ROMAINE SALAD/ Salad Dressing PEACH/PINEAPPLE CRISP	

\*\* 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**

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

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

Transportation available.

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

***Please call for reservations in advance!***

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