




OCTOBER 2017
Green Valley Senior Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SWEDISH MEATBALLS 2 ROTINI NOODLES BROCCOLI FLORETS SCANDINAVIAN BLEND VEGGIES MULTI GRAIN BREAD MANDARIN ORANGES	MEATLOAF W/CREOLE SC 3 PARSLIED POTATOES GREEN PEAS MULTI GRAIN BREAD PINEAPPLE CHUNKS	BREADED BAKED FISH 4 W/VERA CRUZ SC WHIPPED SWEET POTATOES CREAMY COLE SLAW MULTI GRAIN BREAD TROPICAL FRUIT	CHICKEN POMODORO 5 LIMA BEANS & RED PEPPERS SPINACH ROMAINE SALAD/ Dressing WW ROLL SEASONAL FRUIT	BEEF STROGANOFF 6 BROWN RICE SEASONED CARROTS MULTI GRAIN BREAD MELON
WAIKIKI CHICKEN 9 COLCANNON POTATOES STEAMED SPINACH MULTI GRAIN ROLL PEARS	BEEF RIGATONI 10 CUT GREEN BEANS COUNTRY COLE SLAW MULTI GRAIN BREAD PEACHES	 German Meal 11	SWEET & SOUR CHICKEN 12 BROWN RICE CALIFORNIA VEGETABLES GREEN PEAS MULTI GRAIN BREAD SEASONAL FRUIT	BEEF TACOS 13 REFRIED BEANS MEXICALI CORN LETTUCE/TOMATO WHOLE WHEAT TORTILLA APPLESAUCE
BAKED CHICKEN SCALLOPINI 16 STEAMED SPINACH PICKLED BEETS MULTI GRAIN BREAD MANDARIN ORANGES	BAKED CHICKEN W/DIJON SC 17 ORANGE RICE PILAF KALE MULTI GRAIN BREAD PEACHES	BBQ SHREDDED CHICKEN 18 BROCCOLI FLORETS CREAMY COLESLAW WW BUN BANANA	ITALIAN MEATBALLS 19 PASTA GREEN BEANS SPINACH ROMAINE SALAD/ Dressing GARLIC BREAD MELON SLICES	ROASTED TURKEY W/GRAVY 20 WHIPPED POTATOES MIXED VEGETABLES WW ROLL AMBROSIA SALAD
SOUTHWEST OMELET BAKE 23 ROASTED RED POTATOES GARDEN VEGGIE SALAD/ Dressing WW ROLL TROPICAL FRUIT CUP SUGAR COOKIE	CHICKEN FAJITAS W/BELL 24 PEPPERS & ONIONS RANCH BEANS MIXED VEGETABLES WW FLOUR TORTILLA APPLE CRISP	BAKED FISH W/LEMON 25 CAPER SC GARDEN BROWN RICE BROCCOLI FLORETS MULTI GRAIN BREAD PINEAPPLE CHUNKS BIRTHDAY CAKE	BEEF HAMBURGER 26 POTATO WEDGES GREEN PEA SALAD LETTUCE/TOMATO WW BUN SEASONAL FRUIT Mustard/Ketchup	AZ CHICKEN MINI SALAD/ 27 Salad Dressing BROCCOLI/RAISIN SALAD WW ROLL BANANA
CHICKEN FRICASSEE 30 W/ARTICHOKE HEARTS RISOTTO ROASTED BUTTERNUT SQUASH CHOCOLATE PUDDING W/BANANAS	SLOW COOKED SHREDDED BEEF 31 MEXICAN RICE BRAISED GREENS AND WHITE BEANS PINEAPPLE WITH CILANTRO AND LIME			

** 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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