

DECEMBER 2017

Green Valley Senior Meals



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				TURKEY PAPRIKASH EGG NOODLES SAVORY CARROTS WHOLE GRAIN BREAD/Butter APPLE-RAISIN CRISP 1
APRICOT CHICKEN 4 HERBED QUINOA CHICKPEAS IN TOMATO SC WHOLE WHEAT BREAD/Butter BAKED PEACHES	SMOTHERED BEAN & CHEESE BURRO 5 CALABACITAS TACO SLAW BANANA	BEEF STROGANOFF 6 EGG NOODLES STEAMED BROCCOLI WHOLE WHEAT BREAD/Butter APPLESAUCE GELATIN SALAD	WINTER BUTTERNUT STEW 7 ROASTED CAULIFLOWER GREEN SALAD/Dressing DINNER ROLL/Butter ORANGE WEDGES	TURKEY A LA KING 8 SAUTEED SPINACH CARRIFRUIT SALAD BISCUIT/Butter
SLOW-COOKED SHREDDED BEEF 11 Pico de Gallo MEXICAN RICE SWEET & SOUR CABBAGE CORN TORTILLA (2) PINEAPPLE W/CILANTRO & LIME	SWEET & SOUR TURKEY 12 MEATBALLS BROWN RICE PILAF GREEN PEAS SPINACH SALAD/Dressing SEASONAL FRUIT	POACHED COD 13 QUINOA AND BROCCOLI PILAF MULTI GRAIN BREAD/Butter PEACH CRISP	MEATLOAF AND GRAVY 14 SWEET POTATOES W/ APPLES SUCCOTASH MULTI GRAIN BREAD/Butter ROSY PEARS	CHICKEN FRICASSEE W/ ARTICHOKE HEARTS 15 RISOTTO BUTTERNUT SQUASH CHOCOLATE PUDDING WITH BANANAS
BEEF RAGOUT 18 ROASTED BRUSSELS SPROUTS CORN BREAD/Butter WARM WINTER FRUIT COMPOTE	BLACK BEAN & TOMATO SOUP 19 ROASTED BUTTERNUT SQUASH GREEN SALAD/Dressing DINNER ROLL/Butter SEASONAL FRUIT	CHICKEN PARMESAN 20 PENNE PASTA SAUTEED SPINACH CARROT/RAISIN SALAD BANANA	TERIYAKI BEEF 21 FRIED RICE STIR-FRIED BEANS MANGO-PINEAPPLE SALAD	SLICED HAM W/ PINEAPPLE GLAZE 22 SPICED MASHED YAMS GREEN PEAS W/ONIONS WHEAT ROLL/Butter AMBROSIA GINGERBREAD CAKE
CHRISTMAS HOLIDAY 25 ALL CENTERS CLOSED	CHRISTMAS HOLIDAY 26 ALL CENTERS CLOSED	TURKEY FAJITAS 27 Pico de Gallo PINTO BEANS CRANBERRY-PEAR GELATIN WHOLE WHEAT TORTILLA BIRTHDAY CAKE	CHILI CON CARNE 28 STEAMED CARROTS CORN BREAD/Butter ORANGE WEDGES	CHICKEN STIR-FRY 29 W/VEGGIES BROWN RICE PEACH 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**

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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