

FEBRUARY



GREEN VALLEY SENIOR MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN MARSALA 3 ROASTED CAULIFLOWER KALE CRUNCH APPLESAUCE OATMEAL CRANBERRY COOKIE	CHEESE OMELET W/ 4 DENVER SAUCE HASH BROWNS SAUTEED SPINACH FRESH ORANGE	CHICKEN TORTILLA SOUP 5 CHILLED HARVARD BEETS CORN MUFFIN/BUTTER PEACH CRUMBLE	PASTA W/ 6 MARINARA MEAT SAUCE WARM BRUSSELS SPROUTS SALAD PEARS	BBQ BEEF SANDWICH 7 BAKED BEANS HEARTY SLAW WW BUN TROPICAL FRUIT
SWEDISH MEATBALLS 10 LEMON-HERBED QUINOA GLACED CARROTS MANGO-PINEAPPLE SALAD	HONEY MUSTARD CHICKEN 11 CHEESY POTATOES GREEK SALAD APRICOTS	BEAN & CHEESE BURRO 12 Pico de Gallo Sc SPANISH RICE GREEN SALAD/DRESSING BANANA	TERIYAKI BEEF 13 BROWN RICE PILAF ASIAN BLEND VEGETABLES SEASONAL FRUIT	BEEF MINESTRONE SOUP 14 BUTTERNUT SQUASH DINNER ROLL/BUTTER TROPICAL FRUIT
PRESIDENT'S DAY 17 ALL CENTERS CLOSED	MANGO SALSA WHITE FISH 18 LEMON QUINOA KALE CRUNCH APPLE-CRANBERRY CRUNCH	CHICKEN W/PEACH SC 19 BROWN RICE PILAF SAUTEED SPINACH CARROT/RAISIN SALAD APRICOTS	TURKEY PAPRIKASH 20 GREEN BEANS GREEN SALAD/DRESSING PINEAPPLE CUBES	SLOPPY JOE 21 ROASTED POTATOES HEARTY SLAW WW BUN SEASONAL FRUIT
ROSEMARY BEEF 24 EGG NOODLES SAUTEED SPINACH MIXED VEGETABLES PEARS	TURKEY MEXICAN CASSEROLE 25 DILLED CARROTS GREEN SALAD/DRESSING MANDARIN ORANGES	CHICKEN PARMESAN 26 WW PASTA CALIFORNIA VEGGIES SEASONAL FRUIT BIRTHDAY CUPCAKES	HAMBURGER 27 TOMATO/LETTUCE ROASTED GARLIC POTATOES BROCCOLI SALAD WW BUN APPLESAUCE	CREAMY LEMON CHICKEN 28 SOUP GREEN BABY PEAS WW DINNER ROLL/BUTTER MANGO/PINEAPPLE SALADE

** 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 Salcido 520-393-6814** or ccastaneda@casagv.org

Ellen March 520-393-6840 emarch@casagv.org

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

Transportation available.

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

*We will no longer be mailing out the Quarterly Quips which includes information on the fun events & trips!

If you wish to have copies please provide us with your email or you can stop by for one .

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

Please call for reservations in advance!