



MARCH 2020

Green Valley Senior Meals



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONGOLIAN BEEF BROWN RICE ROASTED BUTTERNUT SQUASH CINNAMON APPLESAUCE 2	LENTIL SOUP KALE CRUNCH CARROT-RAISIN SALAD SEASONAL FRUIT 3	POT ROAST BABY BAKERS AND CARROTS GREEN BEANS WW BREAD/BUTTER BANANA 4	CHEESE ENCHILADAS W/ SPINACH TOPPING REFRIED BEANS GREEN SALAD/DRESSING BAKED PEACHES 5	FISH NUGGETS TARTAR SAUCE CHEESY POTATOES MIXED VEGGIES ROSY PEARS 6
CHILI CON CARNE STEAMED CARROTS CORNBREAD MUFFIN/BUTTER TROPICAL FRUIT 9	ROASTED TURKEY/GRAVY MASHED YAMS PEAS W/ONIONS AMBROSIA 10	MEATLOAF/GRAVY MASHED POTATOES MIXED VEGETABLES BANANA CHOCOLATE PUDDING 11	GINGER CHICKEN THIGHS BROWN RICE BOK CHOY CHERRY CRISP 12	LASAGNE ROLLS W/ MARINARA SAUCE ROASTED CAULIFLOWER QUINOA SALAD BAKED PEACHES 13
CHICKEN MARSALA CAULIFLOWER RICE KALE CRUNCH APPLESAUCE OATMEAL CRANBERRY COOKIE 16	IRISH STEW GREEN SALAD/DRESSING BISCUIT PINEAPPLE CUBES 17	PASTA W/MEAT SAUCE GREEN BEANS WARM BRUSSELS SPROUTS SALAD PEARS 18	CHICKEN TORTILLA SOUP MARINATED BEET SALAD CORN MUFFIN/BUTTER PEACH CRUMBLE 19	CHEESE OMELET W/ MEATLESS SAUCE ROASTED POTATOES SAUTEED SPINACH FRESH ORANGE 20
SWEDISH MEATBALLS LEMON-HERBED QUINOA GLAZED CARROTS MANGO-PINEAPPLE SALAD 23	HONEY MUSTARD CHICKEN CHEESY POTATOES GREEK SALAD APRICOTS 24	TERIYAKI BEEF BROWN RICE PILAF ASIAN VEGETABLES SEASONAL FRUIT BIRTHDAY CUPCAKES 25	BEEF MINESTRONE SOUP ROASTED BUTTERNUT SQUASH DINNER ROLL/BUTTER TROPICAL FRUIT 26	BEAN & CHEESE BURRO PICO DE GALLO SPANISH RICE CRUNCHY KALE APPLESAUCE 27
BEEF STEW POTATOES/CARROTS ROASTED RADISHES DINNER ROLL/BUTTER PEACHES 30	TURKEY PAPRIKASH GREEN BEANS GREEN SALAD/DRESSING PINEAPPLE CUBES 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 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!