




**DECEMBER 2022**  
**GREEN VALLEY SENIOR MEALS**  
**780 S. Park Centre Ave.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			BEEF TIPS W/BROWN GRAVY 1 LEMON BAKED QUINOA SAVORY CARROTS BANANA CHOCOLATE CHIP COOKIE	STUFFED TORTILLA 2 (BEANS & CHEESE) SPANISH RICE CALABACITAS BANANA
SHEPHERD'S PIE 5 GREEN BEANS BABY SPINACH SALAD WW BREAD/BUTTER GRAPES	HONEY MUSTARD CHICKEN 6 SWEET POTATOES PEAS & ONIONS WW BREAD/BUTTER MIXED FRUIT SALAD BAR	BEEF STROGANOFF 7 EGG NOODLES ROASTED BRUSSEL SPROUTS BANANA SALAD BAR	CHICKEN MARSALA 8 CAULIFLOWER RICE 5-WAY VEGETABLES BANANA	SPICED PUMPKIN SOUP 9 SPINACH/TOMATO/CHICKPEA BLEND GREEN SALAD/DRESSING CORN MUFFIN/BUTTER DRIED CRANBERRIES
TURKEY TETRAZZINI 12 CAPRI VEGETABLES BABY SPINACH SALAD GRAPES SUGAR-FREE PUDDING	CHICKEN & DUMPLING SOUP 13 SWEET POTATOES WW BREAD/BUTTER MANDARIN ORANGES SALAD BAR	PARM BAKED POLLOCK 14 TARTAR SAUCE ORANGEE/ALMOND COUS COUS GREEN BEANS BANANA SALAD BAR	BEEF STEW W/ 15 POTATOES & CARROTS BRUSSEL SPROUTS CORN MUFFIN/BUTTER BANANA	LASAGNA ROLL-UPS 16 W/MEAT MARINARA SAUCE SAUTEED SPINACH PEACH CRISP
PORK CARNITAS 19 QUINOA & BLACK BEANS MIXED VEGETABLES PEACHES OATMEAL COOKIE	GLAZED HAM 20 SCALLOPED POTATOES FRENCH GREEN BEANS DINNER ROLL/BUTTER CHEESECAKE BROWNIE SALAD BAR	FRIED CHICKEN 21 HOT GERMAN POTATO SALAD BROCCOLI/CAULIFLOWER SEASONAL FRUIT SALAD BAR	MEATLOAF/GRAVY 22 MASHED POTATOES SUCCOTASH PEARS	HOLIDAY MENU 23
CHRISTMAS HOLIDAY 26  CENTER CLOSED	CHILI CON CARNE 27 STEAMED VEGETABLES CORN MUFFIN/BUTTER APPLESAUCE SALAD BAR	CHEESE ENCHILADAS 28 W/PINTO BEANS CHUCKWAGON CORN GREEN SALAD/DRESSING BANANA SALAD BAR	BRAISED LEAN PORK 29 W/CHIMICHURRI SAUCE ROASTED POTATOES CAPRI VEGETABLES WW BREAD/BUTTER GRAPES	MONGOLIAN BEEF 30 CAULIFLOWER RICE ASIAN BLEND VEGETABLES PINEAPPLE CUBES

\*\* ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK\*\* EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED

\*\* NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

**ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY**

THE FRUIT MAY DIFFER BASED ON AVAILABILITY 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**  
 Donation \$3.00 for participants. \$7.00 Guest Fee

Congregate meals for **ALL** adults **60+**  
 Transportation available.  
 Please call for reservation in advance!