


Senior Luncheon Menu
April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Salad on WW Bread *Crisp Vegetable Cup +Mandarin Oranges 1% milk	2 Spaghetti with Meat Sauce Spinach Salad w/tomatoes +Fresh Orange Garlic Bread 1% milk	3 Tostada Salad *CA Blend Veg +Orange Slices Tortilla Chips 1% milk	4 Chef Salad Plate Whole Grain Crackers +Mango *Carrot Sticks 1% milk	5 Minestrone Soup Hamburger Patty Whole Grain Crackers *Baby Carrots Tossed Green Salad 1% milk
8 Egg Salad Sandwich on WW Bread *Apricot Halves +Broccoli Raisin Salad 1% milk	9 Tuna Wrap *Sweet Potato Salad +Mixed Melon Cup 1% milk	10 Macaroni and Cheese +Broccoli Canned Peaches 1% milk	11 Chicken Fajitas w/flour tortilla *Baby Carrots +Mixed Melon Cup 1% milk	12 Baked Potato Chili +Mandarin Oranges Cornbread 1% milk
15 Cobb Salad *Crisp Vegetable Cup +Mandarin Oranges WW Roll w/butter 1% milk	16 Beef Taco Salad Refried Beans +Mexican Salad 1% milk	17 Hamburger on WW Bun Lettuce/Tomato/Onion *Cinnamon Roasted Carrots +Mandarin Oranges 1% milk	18 Chicken Club Pasta Salad +Mixed Melon Cup Spinach Salad Whole Wheat Roll 1% milk	19 Breakfast for Lunch Scrambled Eggs & Sausage Hash Browns +Bell Pepper Strips WW Bread 1% milk
22 Tuna Salad WW Bread +Mango *Crisp Vegetable Cup 1% Milk	23 Turkey Burger/WW Bun Lettuce/Onions/Tomato *Carrot/Raisin Salad +Mango 1% Milk	24 Meatloaf Mashed Potatoes/Gravy *Sauteed Spinach +Mixed Melon Cup WW roll w/butter 1% milk	25 Pulled Pork w/ BBQ sauce WW Bun +Coleslaw w/bell pepper *Apricots 1% milk	26 Beef Stew Spinach Salad +Mandarin Oranges Biscuit 1% milk
29 Chicken Salad *Crisp Vegetable Cup WW Crackers +Melon Cup 1% Milk	30 Turkey Sandwich on WW Bread Lettuce/Tomato/Onion +Crispy Corn Salad Pineapple Chunks 1% milk		All meals in this program provide 1/3 of the Dietary Reference Intake as directed by the Older Californian Nutrition Program 1% milk served with all meals	 Meal >1000 mg sodium) +: good Vitamin C source *: good Vitamin A source 1% Milk offered at all meals #: Whole grains served unless indicated otherwise

RESERVATIONS, PLEASE CALL 1-Day IN ADVANCE or before Noon same day: 209- 480-7381 Menu subject to change. Approved by Keirnin Harris, RDN 3/26/2024