

NOVEMBER

CENTRAL VALLEY PACE MENU

WEEK 1

MON

30

CHICKEN NOODLE SOUP
TEXAS TOAST
HOUSE SALAD
W/RANCH DRESSING

TUE

31

BREAKFAST SCRAMBLE W/EGGS,
SAUSAGE & BELL PEPPERS
HASHBROWNS
FRESH FRUIT

WED

1

BREADED CHICKEN MARINARA
WHOLE GRAIN PASTA
CAULIFLOWER & BROCCOLI

THU

2

GYROS W/ TZATZIKI SAUCE
GREEK SALAD W/ DRESSING
ROASTED TOMATOES

FRI

3

CHICKEN TINGA
SPANISH RICE
ROASTED BELL PEPPERS
CORN TORTILLA

WEEK 2

6

TURKEY BURGER W/WHOLE WHEAT BUN, CHEESE, LETTUCE, TOMATO
POTATO SALAD
FRESH FRUIT SALAD

7

ENCHILADA CASEROLE
REFRIED BEANS
DICED LETTUCE
DICED TOMATOES

8

WHOLE GRAIN MAC N CHEESE
W/BACON BITES
BBQ PULLED PORK SLIDER
STEAMED BROCCOLI

9

LASAGNA SOUP
WHOLE GRAIN GARLIC BREAD STICK
GREEN SALAD
W/ CHERRY TOMATOS & CHEESE
RANCH DRESSING

10

SLICED TURKEY W/MASHED POTATOES & GRAVY
GREEN BEAN CASSEROLE

WEEK 3

13

HOMESTYLE MEATLOAF
ROASTED POTATOES
ASPARAGUS

14

TURKEY SLOPPY JOES
WHOLE GRAIN BUNS
GREEN SALAD W/ DRESSING

15

EGG, CHEESE, SPINACH, LETTUCE & TOMATO
BREAKFAST SANDWICH
TATOR TOTS
MIXED FRESH FRUIT

16

PARMESAN CHICKEN W/GARLIC
HERBED PASTA
MIXED VEGETABLES

17

MINISTRONE SOUP
CORNBREAD
CHICKEN CAESAR SALAD
W/AVOCADO DRESSING

WEEK 4

20

CHICKEN SALAD SANDWICH
ON ONION ROLL
GREEN SALAD
W/CHEESE & CROUTONS
W/DRESSING

21

CHEESEBURGER W/ LETTUCE, TOMATO,CUCUMBER,BALSAMIC SIDE
SALAD
DICED RED POTATOES
MAYO, KETCHUP & MUSTARD

22

SHREDDED TURKEY W/GRAVY
OVER MASHED POTAOES
BRUSSEL SPROUTS

23

CLOSED

HAPPY
thanksgiving

24

CLOSED

WEEK 5

27

MINI CHICKEN CORN DOGS
CARROT COINS
KETCHUP & MUSTARD
FRESH FRUIT SALAD

28

TURKEY CHILI
CORNBREAD
PEAS & CARROTS

29

TURKEY BURGER
WHOLE WHEAT BUN
W/CHEESE,
TOMATO & LETTUCE
POTATO SALAD
FRUIT SALAD

30

BAKED ZITI
DICED CHICKEN
MIXED VEGETABLES
DINNER ROLL

1

SALISBURY STEAK W/GRAVY
MASHED POTAOES
BROCCOLI & CAULIFLOUR FLORETS