



# MARCH

## CENTRAL VALLEY PACE MENU

MON

TUE

WED

THU

FRI



WEEK 1

4

CORDON BLEU  
W/SAUCE  
BAKED SWEET  
POTATOES  
SIDE SALAD  
W/LETTUCE,  
CARROTS, CHERRY  
TOMATOES  
RANCH DRESSING

5

TURKEY CHILI  
W/BEANS  
CORNBREAD  
COLESLAW

6

HOMESTYLE  
MEATLOAF W/GRAVY  
ROASTED RED  
POTATOES  
SPINACH SALAD  
W/CUCUMBER,  
TOMATO, KIDNEY  
BEANS  
BALSAMIC DRESSING

7

SWEET & SOUR  
CHICKEN  
STEAMED BROWN  
RICE  
OVEN ROASTED  
BELL PEPPERS,  
ONIONS & GREEN  
BEANS

8

BLACK BEAN  
BURGER ON  
WHOLE GRAIN BUN  
W/LETTUCE & CHEESE  
MAYO, KETCHUP,  
MUSTARD  
TOMATO, CUCUMBER,  
BALSAMIC SIDE SALAD  
FRESH FRUITS



WEEK 2

11

PASTA ALFREDO  
DICED CHICKEN  
GREEN BEANS  
SPINACH SALAD  
W/CUCUMBER,  
TOMATO, KIDNEY  
BEANS,  
BALSAMIC  
DRESSING

12

ORANGE TERIYAKI  
BEEF  
OVEN ROASTED  
BELL PEPPERS,  
ONION, GREEN  
BEANS

13

SALISBURY STEAK  
W/GRAVY  
ROASTED SWEET  
POTATOES  
COLESLAW

14

ASIAN GARLIC  
PASTA W/DICED  
CHICKEN  
BROCCOLI  
SIDE SALAD  
W/LETTUCE,  
CARROTS, CHERRY  
TOMATOES, RANCH  
DRESSING

15

BREAKFAST  
SCRAMBLE W/ EGG,  
ONION, BELL  
PEPPER, SPINACH,  
DICED RED  
POTATOES  
FRESH FRUIT



WEEK 3

18

CHICKEN  
CASSEROLE  
GREEN BEANS  
COLESLAW

19

SEASAME GINGER  
BEEF  
STEAMED BROWN  
RICE  
STIR FRY  
VEGETABLE MIX

20

MACARONI AND  
CHEESE W/DICED  
CHICKEN  
SALAD W/KIDNEY  
BEANS, CUCUMBER,  
SHREDDED,  
CARROTS, RADISH,  
BALSAMIC  
DRESSING

21

BEEF W/BROCCOLI  
STEAMED BROWN  
RICE  
CARROTS  
COLESLAW

22

DICED SAUTEED  
TOFU  
CHOW MEIN  
STEAMED  
CAULIFLOWER &  
CARROTS



WEEK 4

25

BALSAMIC GLAZED  
CHICKEN  
W/SAUTEED DICED  
GREENBEANS,  
ZUCCHINI, CHERRY  
TOMATOES, AND  
DICED SWEET  
TOMATO

26

DICED TURKEY  
W/GRAVY  
OVER STEAMED  
BROWN RICE  
STEAM BROCCOLI

27

DAY  
CENTER  
CLOSED

WE ARE  
CLOSED

28

MEXICAN TURKEY  
WITH BEANS  
CORN TORTILLA  
SIDE SALAD  
W/LETTUCE,  
CARROTS, CHERRY  
TOMATOES,  
CABBAGE  
RANCH DRESSING

29

MACARONI AND  
CHEESE  
SALAD W/ KIDNEY  
BEANS, CUCUMBER,  
SHREDDED  
CARROTS, RADISH  
BALSAMIC  
DRESSING