



APRIL

CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1



CHEESE BURGER ON WHOLE GRAIN BUN W/LETTUCE, TOMATO, CUCUMBER, BALSAMIC SIDE SALAD MAYO KETCHUP FRESH FRUIT

CHICKEN CORDON BLEU W/SAUCE & BAKED SWEET POTATOES GREEN SIDE SALAD W/LETTUCE, CARROT, CHERRY TOMATOES AND RANCH DRESSING

EGG SARATOGA POTATOES SPINACH & ARUGULA SALAD W/BALSAMIC DRESSING MIXED FRUIT

HOME-STYLE MEATLOAF W/GRAVY ROASTED RED POTATOES & SPINACH SALAD W/CUCUMBER, TOMATO, AND KIDNEY BEANS ITALIAN DRESSING

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

WEEK 2



BALSAMIC GLAZED CHICKEN W/SAUTEED DICED GREEN BEANS, ZUCCHINI, CHERRY TOMATOES, AND DICED SWEET POTATOES

TURKEY SLOPPY JOE ON WHOLE GRAIN BUN GREEN BEANS & COLESLAW

ORANGE TERIYAKI BEEF STEAMED BROWN RICE OVEN ROASTED BELL PEPPERS, ONIONS GREEN BEANS

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

SESAME GINGER BEEF STEAMED BROWN RICE STIR FRY VEGETABLE MIX

WEEK 3



DICED SAUTEED TOFU CHOW MEIN STEAMED CAULIFLOWER & CARROTS

CHICKEN TENDERS, HERBED BROWN RICE BAKED PARMESAN ZUCCHINI SPINACH SALAD W/CUCUMBER, TOMATO, KIDNEY BEANS RANCH DRESSING

CHICKEN CASSEROLE W/GREEN BEANS COLESLAW

SALISBURY STEAK W/GRAVY ROASTED SWEET POTATOES COLESLAW

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

WEEK 4



BEEF W/BROCCOLI STEAMED BROWN RICE CARROTS COLESLAW

CHICKEN PATTY SANDWICH ON WHOLE GRAIN ROLL W/MAYO, MUSTARD, AND KETCHUP SIDE SALAD WITH CARROTS, AND CHERRY TOMATOES FRESH FRUIT

DICED TURKEY W/GRAVY OVER BROWN RICE STEAMED BROCCOLI

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

BREAKFAST SCRAMBLE W/EGGS, ONION, BELL PEPPERS, SPINACH DICED RED POTATOES FRESH FRUIT

WEEK 5

CHICKEN STUFFED BELL PEPPERS W/ONIONS, GARLIC, TOMATOES, BROWN RICE, BAKED PARMESAN ZUCCHINI

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

ORANGE TERIYAKI BEEF STEAMED BROWN RICE OVEN ROASTED BELL PEPPERS, ONION, GREEN BEANS

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

TURKEY SLOPPY JOES ON WHOLE GRAIN BUN W/ GREEN BEANS AND COLESLAW