



SEPTEMBER

CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1

DAY CENTER
CLOSED
IN
OBSERVANCE
OF
LABOR DAY

**HAPPY
LABOR
DAY!**

CHICKEN FAJITA
W/BUTTERNUT
SQUASH
& BLACK BEANS

PORK CHOP PATTY
IN SOFRITO SAUCE
W/CILANTRO
STEWED TOMATOES
& SWEET POTATOES

CHICKEN IN THAI
GINGER RED
CURRY SAUCE
W/DICED
EGGPLANT &
CARROTS

MEATBALLS IN
ORANGE SAUCE
W/BROWN RICE
& GREEN BEANS



WEEK 2

VEGGIE BURRITO
BOWL W/ BLACK
BEANS, BROWN
RICE AND
RATOUILLE &
ROAST RED
PEPPERS
PANZANELLA

SUMMER VEGGIE
PASTA W/DICED
BAKED CHICKEN
WHOLE GRAIN PASTA,
BAKED ZUCCHINI &
SQUASH, QUARTED
MOZZARELLA BALLS,
LIGHT ITALIAN
DRESSING W/ITALIAN
SEASONING, LEMON &
GARLIC

EGG SALAD
SANDWICH
SPINACH SALAD
W/DICED
CUCUMBERS,
SHREDDED
CARROTS W/
BALSAMIC
DRESSING

PORK RIB PATTY IN
KOREAN BBQ SAUCE
W/BROCCOLI &
PINEAPPLE
MANDARIN
COCONUT FRUIT

CHICKEN TAMALES,
NOPALE SIDE SALAD,
SIDE CHICKEN SALAD
W/FINELY
DICED CELERY,
CARROTS, RED
ONIONS



WEEK 3

BEEF PATTY IN
BBQ SAUCE
W/QUINOA &
MIXED
VEGETABLES

CHICKEN YAKITORI
OVER BROWN RICE WITH
GRILLED
BROCCOLI FLORETS,
ASIAN SLAW SIDE
W/SHREDDED CARROTS,
RED CABBAGE, EDEMAME,
SOY BEANS,
DICED GREEN ONIONS,
DICED BELL PEPPER,
MINCED CILANTRO,
GINGER, GARLIC
LIGHT SODIUM SOY SAUCE



VEGGIE SCRAMBLED
EGGS W/SPINACH &
BELL PEPPER, AND
DICED BREAKFAST
POTATOES
W/ONIONS &
CRANBERRY APPLES

CHICKEN
TENDERS, HERBED
BROWN RICE
GREEN BEANS
BAKED
PARMESAN
ZUCCHINI AND
YELLOW SQUASH

HOME-STYLE
MEATLOAF
W/GRAVY
MASHED
POTATOES
STEAMED CA MIXED
VEGETABLES



WEEK 4

THREE CHEESE
ZITI W/DICED LEAN
PORK, STEAMED
GREEN BEANS &
CAULIFLOWER,
FRESH FRUIT SALAD

SHREDDED TURKEY
W/GRAVY OVER
MASHED
POTATOES
STEAMED
BROCCOLI

CHEESEBURGER ON
WHOLE WHEAT BUN,
LETTUCE, TOMATO,
MAYO, KETCHUP
GREEN HOUSE SALAD
W/CHICKPEAS,
CARROTS, AND
CUCUMBER &
BALSAMIC DRESSING

CHICKEN
MARSALA WITH
GREEN BEANS
&
BUTTERNUT
SQUASH

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



WEEK 5

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

PULLED PORK
SANDWICH
COLESLAW
BAKED BEANS

PESTO CHICKEN
PASTA
W/SQUASH
GREEN SALAD
W/TOMATO,
CROUTONS,
RANCH DRESSING

BREAKFAST SCRAMBLE
W/EGG, SAUSAGE,
AND BELL PEPPER,
SPINACH, ONIONS,
HASHBROWN,
FRESH FRUIT

CHICKEN
ENCHILADA
CASSEROLE
CILANTRO LIME
RICE
GRILLED ZUCCHINI

