



DECEMBER

CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1



2
SLICED ROAST BEEF WITH TERIYAKI MACARONI & CHEESE GREEN BEAN CASSEROLE MIXED FRUIT

3
LOW SODIUM HAM, CHEESE & SPINACH SANDWICH ON WHOLE GRAIN BREAD HOUSE SALAD RANCH DRESSING STEAMED CARROTS MANDARINS

4
HAM, EGG, & CHEESE BREAKFAST SANDWICH ON ENGLISH MUFFIN BAKED RED POTATOES WITH ONIONS, BELL PEPPERS, SPINACH, & SAUTEED SEASONED ZUCCHINI MANDARINS

5
PORK TAMALES W/SAUCE CONFETTI CORN FAJITA VEGETABLES DICED APPLES WITH CRAISINS

6
LOW SODIUM COUNTRY FRIED STEAK WITH GRAVY MASHED POTATOES MIXED VEGETABLES MIXED FRUIT SALAD

WEEK 2



9
TOMATO, BASIL CHICKEN WITH SAUCE STEAMED & SEASONED BROWN RICE TOMATO, CUCUMBER, BASIL, BLACK PEPPER, OLIVE OIL SALAD DICED PEARS

10
CHICKEN ENCHILADAS IN GREEN SAUCE SEASONED BROWN RICE GREEN BEANS MIXED FRUIT

11
SHREDDED BBQ BEEF MASHED POTATOES WITH GRAVY MIXED SEASONED VEGETABLES MIXED FRUIT

12
CHICKEN TENDERS (WITH KETCHUP & BBQ) SEASONED BROWN RICE PARMESAN ZUCCHINI BAKE MIXED FRUIT

13
HAWAIIAN HAM & CHEESE SLIDER STEAMED GREEN BEANS SPINACH, CHICKPEA, & CARROT SALAD WITH RANGE DICED APPLES WITH PEANUT BUTTER

WEEK 3



16
LOW SODIUM DICE HAM IN GRAVY SCALLOPED POTATOES STEAMED SEASONED BROCCOLI & CAULIFLOUR DICED APPLES WITH CRAISINS

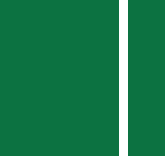
17
LENTIL & VEGETABLE SOUP SALTINE CRACKERS BABY SPINACH WITH SHREDDED CARROTS SALAD WITH VINAIGRETTE APPLES WITH PEANUT BUTTER

18
SLOPPY JOE ON WHOLE GRAIN HAMBURGER BUN PARMESAN ZUCCHINI BAKE HOUSE SALAD WITH RANCH MANDARINS

19
SPINACH & FETA CHICKEN BREAST WITH CREAMY TOMATO SAUCE SEASON BROWN RICE STEAMED SEASONED GREEN BEANS MIXED FRUIT

20
SALISBURY SEAK WITH GRAVY ROASTED SEASONED RED POTATOES WITH ONIONS & BELL PEPPERS 4 WAY VEGETABLE MIX MIXED FRUITS

WEEK 4



23
CHICKEN TAMALES WITH SAUCE CONFETTI CORN FAJITA VEGETABLES DICED APPLES AND CRAISINS

24
HALF DAY (NO LUNCH SERVED)



25
DAY CENTER CLOSED

Merry CHRISTMAS

26
CHICKEN CASSEROLE SEASONED CA VEGETABLE MIX APPLE AND PEANUT BUTTER WHOLE GRAIN ROLL WITH SMALL PAD OF BUTTER

27
GREEN CHICKEN POZOLE FAJITA VEGETABLES SHREDDED CABBAGE AND CARROT SALAD WITH RANCH OR CILANTRO LIME DRESSING APPLES WITH PEANUT BUTTER

WEEK 5



30
SHREDDED BBQ CHICKEN SANDWICH ON WHOLE GRAIN ROLL STEAMED SEASONED BROCCOLI MIXED FRUIT

31
HALF DAY (NO LUNCH SERVED)



1
DAY CENTER CLOSED

HAPPY NEW YEAR

2
CHICKEN & VEGETABLES MASALA W/GARBANZO BEANS STEAMED SEASONED BROWN RICE CAULIFLOWER MANDARINS

3
VEGETABLE LASAGNA SPINACH SALAD WITH SHREDDED CARROTS, GARBANZOS & KIDNEY BEANS RANCH DRESSING STEAMED CARROTS MIXED FRUIT