



JANUARY

CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1

6

SOUTHWEST BAKED ZITI TOPPED WITH DICED CHICKEN STEAMED BROCCOLI GREEN BEAN CASSEROLE MIXED FRUIT

7

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

8

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

9

PORK TAMALES W/SAUCE CONFETTI CORN FAJITA VEGETABLES APPLE SLICES

10

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



WEEK 2

13

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

14

TERIYAKI TURKEY BURGER ON A WHOLE GRAIN BUN WITH FIXINGS (CONDIMENTS, LETTUCE, TOMATO, & ONION) HOUSE SALAD WITH RANCH CARROT COINS MIXED FRUIT

15

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

16

LENTIL & VEGETABLE SOUP SALTINE CRACKERS BABY SPINACH WITH SHREDDED CARROTS SALAD WITH VINAIGRETTE MIXED FRUIT

17

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



WEEK 3

20

DAY CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY

21

CHICKEN TENDERS (WITH KETCHUP & BBQ) SEASONED BROWN RICE PARMESAN ZUCCHINI BAKE APPLES WITH PEANUT BUTTER

22

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

23

SPINACH & FETA CHICKEN BREAST WITH CREAMY TOMATO SAUCE SEASON BROWN RICE STEAMED SEASONED GREEN BEANS DICED PEARS

24

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



WEEK 4

27

CHICKEN TAMALES WITH RED SAUCE CONFETTI CORN FAJITA VEGETABLES APPLES WITH PEANUT BUTTER

28

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

29

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

30

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

31

SCRAMBLED EGGS LOWER SODIUM/LOW-FAT DICED HAM W/SPINACH, ONIONS, BELL PEPPERS, MUSHROOM SAUTEED(ON THE SIDE) BAKED & SEASONED DICED RED POTATOES AND BROCCOLI MANDARINS

