

# FEBRUARY

## CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1



WEEK 2



WEEK 3



WEEK 4

3  
CHEESE TAMALES WITH GREEN SAUCE  
CONFETTI CORN FAJITA  
VEGETABLES  
APPLE SLICES

4  
SHREDDED BBQ BEEF  
MASHED POTATOES WITH GRAVY  
MIXED SEASONED VEGETABLES  
MIXED FRUITS

5  
CHICKEN CASSEROLE  
SEASONED CA VEGETABLE MIX  
APPLES & PEANUT BUTTER  
WHOLE GRAIN ROLL WITH SMALL PAD OF BUTTER

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

7  
LENTIL & VEGETABLE SOUP  
SALTINE CRACKERS  
BABY SPINACH WITH SHREDDED CARROT SALAD & VINAIGRETTE DRESSING  
MIXED FRUIT

10  
TERIYAKI TURKEY BURGER ON A WHOLE GRAIN BUN WITH FIXINGS (CONDIMENTS, LETTUCE, TOMATO, ONIONS)  
HOUSE SALAD WITH RANCH  
CARROT COINS  
MIXED FRUIT

11  
CHICKEN ENCHILADAS IN GREEN SAUCE  
SEASONED BROWN RICE  
GREEN BEANS  
MIXED FRUIT

12  
SPINACH & FETA SHREDDED CHICKEN  
BAKED WITH CREAMY TOMATO SAUCE  
SEASONED BROWN RICE  
STEAMED SEASONED GREEN BEANS  
DICED PEARS

13  
HAM, EGG & CHEESE BREAKFAST SANDWICH ON ENGLISH MUFFIN (WITH CONDIMENT PACKETS)  
BAKED RED POTATOES W/ONIONS, BELL PEPPERS, SPINACH  
SAUTEED SEASONED ZUCCHINI  
MANDARINS

14  
CHICKEN TAMALES WITH RED SAUCE  
CONFETTI CORN NOPALES SALAD  
APPLES WITH PEANUT BUTTER  
*Valentine's Day*

17  
DAY CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY

18  
CHICKEN TENDERS (WITH KETCHUP & BBQ)  
LOW SODIUM MAC & CHEESE  
SEASONED BAKED PARMESAN  
APPLES & PEANUT BUTTER

19  
SALISBURY STEAK WITH GRAVY  
ROASTED SEASONED RED POTATOES WITH ONION AND BELL PEPPER (WITH KETCHUP PACKET)  
4 WAY VEGETABLE MIX  
MIXED FRUITS

20  
TOMATO BASIL CHICKEN WITH SAUCE  
STEAMED & SEASONED BROWN RICE  
TOMATO, CUCUMBER, BASIL, BLACK PEPPER, MOZZARELLA, OLIVE OIL SALAD

21  
LOW SODIUM HAM, TURKEY, CHEESE & SPINACH SANDWICH ON WHOLE GRAIN BREAD WITH CONDIMENT PACKETS  
HOUSE SALAD WITH RANCH  
STEAMED CARROTS  
MANDARINS

24  
SHREDDED BBQ CHICKEN SANDWICH ON WHOLE GRAIN ROLL  
STEAMED SEASONED BROCCOLI  
MIXED FRUIT

25  
SCRAMBLED EGGS  
LOWER SODIUM/LOW-FAT DICED HAM WITH SPINACH, ONIONS, BELL PEPPER, MUCHROOM  
SAUTEED (ON THE SIDE)  
BAKED & SEASONED DICED RED POTATOES AND BROCCOLI  
MANDARINS

26  
SOUTHWEST BAKED ZITI TOPPED WITH DICED CHICKEN  
STEAMED BROCCOLI  
GREEN BEAN CASSEROLE  
MXED FRUIT

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

28  
SLOPPY JOE ON WHOLE GRAN HAMBURGER BUN  
PARMESAN ZUCCHINI BAKE  
HOUSE SALAD WITH RANCH  
MANDARINS