



# APRIL

## CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1

SPRING

WEEK 2

WEEK 3

WEEK 4

WEEK 5

31

EGG SALAD  
WHOLE WHEAT  
DINNER ROLL  
DICED CARROTS  
MIXED FRUIT

1

PORK CHILI  
COLORADO  
TORTILLA  
FAJITA  
VEGGIES  
FRESH FRUIT

2

LEMON PEPPER  
CHICKEN  
CILANTRO LIME  
RICE  
BROCCOLI  
MANDARINS

3

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

4

DAY  
CENTER  
CLOSED

7

PORK TAMALES  
W/SAUCE  
CONFETTI CORN  
FAJITA  
VEGETABLES  
APPLE SLICES

8

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

9

TURKEY SAUSAGE,  
EGG, AND CHEESE  
BREAKFAST  
SANDWICH ON  
WHOLE CROISSANT  
SAUTEED SEASONED  
ZUCCHINI  
MANDARINS

10

CHICKEN  
TENDERS  
WITH KETCHUP &  
BBQ SAUCE  
BROWN RICE  
PARMESAN  
ZUCCHINI  
MIXED FRUIT

11

CHEESE RAVIOLI  
CASSEROLE  
GREEN SALAD  
WITH RANCH  
DRESSING  
FRESH FRUIT

14

GREEN CHICKEN  
POZOLE  
FAJITA VEGETABLES  
MEXICAN RICE  
SPINACH SALAD  
WITH  
CARROTS  
CILANTRO LIME  
DRESSING  
FRESH FRUIT

15

HAWAIIAN HAM  
& CHEESE SLIDERS  
GREEN SALAD  
WITH TOMATOES,  
CUCUMBER,  
ONIONS,  
CROUTONS  
& RANCH  
DRESSING  
MIXED FRUIT

16

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

17

CHICKEN SALAD  
SANDWICH ON A  
WHOLE GRAIN  
ROLL  
COLESLAW  
APPLE SLICES &  
PEANUT BUTTER

18

CHEESE TAMALES  
WITH  
GREEN SAUCE  
NOPALE SALAD  
MANDARINS

21

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

22

BREAKFAST  
SCRAMBLE W/EGGS,  
SAUSAGE,  
BELL PEPPERS, &  
ONIONS  
DICED BAKED  
SWEET POTATOES  
FRUIT SALAD

23

RED POZOLE  
W/CHICKEN  
CORN TORTILLA  
GREEN SALAD  
W/ONIONS, TOMATOES,  
BELL PEPPERS, KIDNEY  
BEANS  
RANCH DRESSING  
MANDARINS

24

TOMATO BASIL  
SHREDDED CHICKEN  
STEAMED  
SEASONED BROWN  
RICE  
TOMATO, BASIL,  
BLACK PEPPER,  
MOZZARELLA, OLIVE  
OIL SALAD  
MIXED FRUIT

25

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

28

CHICKEN, HAM  
CORDON BLEU  
SIDE SALAD  
GREEN BEANS  
FRESH FRUIT  
SALAD

29

CHILAQUILES  
CHORIZO  
FRESH GREENS  
MIXED FRUIT

30

BEEF &  
BROCCOLI  
KIMCHI RICE  
VEGETABLE MIX  
APPLE SLICES

1

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

2

HOME STYLE  
MEATLOAF WITH  
GRAVY  
MASHED POTATOES  
SPINACH SALAD  
W/CUCUMBER,  
TOMATO, KIDNEY  
BEANS  
BALSAMIC DRESSING  
FRESH FRUIT