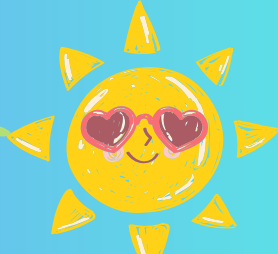




# JUNE

## CENTRAL VALLEY PACE MENU



MON

TUE

WED

THU

FRI

WEEK 1



WEEK 2



WEEK 3



WEEK 4

Summer

WEEK 5

1  
CHICKEN FAJITA BOWL  
BROWN RICE  
PEPPER & ONION MIX  
CARROT, RADISH & CABBAGE SLAW  
MANDARIN ORANGES

2  
ROSEMARY & THYME ROAST PORK  
MASHED POTATOES  
WHOLE GRAIN ROLL  
CARROT, CELERY, ONION MIX  
BERRY MIXED FRUIT

3  
CHEESEBURGER  
WHOLE GRAIN BUN  
GRILLED ZUCCHINI  
LETTUCE, TOMATO & ONION SLICES  
PEAR CUP

4  
BAKED BBQ CHICKEN  
BROWN RICE PILAF  
CAULIFLOWER & BELL PEPPER MIX  
MELON MIX

5  
WHOLE GRAIN PENNE ALFREDO WITH CHICKEN SAUSAGE, WHITE BEANS, GREEN BEANS, ONIONS, & CARROT MIX  
MANGO & PINEAPPLE MIX

8  
MAPLE GLAZED CHICKEN  
BROWN RICE  
ROASTED CARROTS  
MANGO  
PINEAPPLE MIX

9  
MEATLOAF W/GRAVY  
WHOLE GRAIN ROLL  
SPINACH SALAD  
PEACH CUP

10  
PASTA WITH PESTO AND GREEN TURKEY SAUSAGE  
HOUSE SALAD  
BERRY MIX

11  
ASIAN CHICKEN SALAD  
BROWN RICE  
SHREDED CABBAGE, CARROTS, CUCUMBER OR BELL PEPPER  
MANDARINS

12  
MAC N CHEESE WITH GROUND TURKEY  
SAUTEED ZUCCHINI, MUSHROOM, CARROT MIX  
PEAR SLICES

15  
TURKEY RICE PILAF  
STEAMED BROCCOLI & CAULIFLOWER  
APPLES

16  
CHICKEN TENDERS  
WHOLE GRAIN PASTA SALAD  
CA VEGGIES MIX  
PEACH CUP

17  
VEGGIE EGG SCRAMBLE WITH TOMATO  
TURKEY HAM  
WHOLE GRAIN TORTILLA  
SAUTEED SPINACH, PEPPERS, ONIONS, AND MUSHROOM MIX  
WATERMELON

18  
GREEN CHICKEN POZOLE  
CABBAGE, RADDISH, CARROT MIX  
PEAR CUP

19  
ROASTED TURKEY  
SWEET POTATO MASH  
BRUSSEL SPROUTS & CARROTS  
WHOLE GRAIN COUSCOUS  
BERRY MIX

22  
BBQ PULLED CHICKEN  
WHOLE GRAIN ROLL  
ROASTED BROCCOLI  
WATERMELON

23  
WHITE BEAN & SPINACH SOUP  
WHOLE GRAIN CA VEGGIE MIX  
APPLE SLICES & PEANUT BUTTER

24  
FETA CHICKEN  
WHOLE GRAIN COUSCOUS  
BROCCOLI  
ORANGE SLICES

25  
EGG & TURKEY SAUSAGE  
WHOLE GRAIN FRENCH TOAST  
VEGETABLE MIX  
BERRY MIX

26  
LEMON GARLIC CHICKEN  
WHOLE GRAIN COUSCOUS  
STEAMED CARROTS  
PINEAPPLE

29  
MUSHROOM PARMESAN CHICKEN  
BROWN RICE  
ZUCCHINI & CAULIFLOWER MIX  
MANGO & PINEAPPLE MIX WITH TAJIN

30  
COD STICKS WITH TARTER SAUCE  
WHOLE GRAIN ROLL  
SPINACH SALAD  
BANANA

1  
ITALIAN MEATBALL SOUP  
HOUSE SALAD  
WHOLE GRAIN CRACKERS  
ORANGES

2  
TUNA SANDWICH ON WHOLE GRAIN  
CARROT STICKS WITH RANCH  
GARDEN SALAD WITH TOMATOES  
MIXED MELON

3  
DAY CENTER CLOSED  
4<sup>TH</sup> OF JULY

