



**FEBRUARY 2025
GREEN VALLEY SENIOR MEALS
780 S. Park Centre Ave.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUND TURKEY 3 W/TOMATO SAUCE SPAGHETTI SQUASH CALIFORNIA VEGGIES DINNER ROLL PINEAPPLE FIG NEWTONS	PORK TENDERLOIN 4 W/CRANBERRY SAUCE LEMON-HERBED QUINOA GREEN BEANS SPINACH SALAD MANDARIN ORANGES SALAD BAR	BEEF BORSCHT 5 SWEET POTATOES WHOLE WHEAT BREAD MIXED FRUIT TEDDY GRAHAMS	MONGOLIAN BEEF 6 BROWN RICE PILAF EDAMAME APRICOTS SALAD BAR	WHITE FISH 7 W/PARSLEY GREMOLATA ORANGE COUS COUS STEAMED SPINACH BROWNIE
SALISBURY STEAK/GRAVY 10 MASHED POTATOES BUTTERNUT SQUASH WHOLE WHEAT BREAD APPLESAUCE OATMEAL COOKIE	DICED PORK LOIN 11 W/GUAVA SAUCE CREAMY POLENTA BRUSSELS SPROUTS FRESH ORANGE SALAD BAR	CHICKEN TORTILLA SOUP 12 TORTILLA STRIPS ITALIAN MIX VEGGIES CORN MUFFIN APPLE SLICES (2)	CHILI MAC 13 MIXED VEGETABLES MIXED GREEN SALAD BANANA SALAD BAR	FRIED CHICKEN 14 RSTD RED POTATOES STEAMED BROCCOLI WHOLE WHEAT BREAD TROPICAL FRUIT
PARMESAN BAKED FISH 17 SWEET POTATOES LIMA BEANS WHOLE WHEAT BREAD APPLE SLICES (2)	TURKEY TETRAZZINI 18 WW NOODLES CAPRI VEGETABLES CARROT/RAISIN SALAD PEARS SUGAR FREE PUDDING SALAD BAR	CREAMY CHICKEN SOUP 19 GREEN PEAS BROWN RICE DINNER ROLL ORANGE	BURRITO BOWL 20 CALIFORNIA VEGGIES WHOLE WHEAT BREAD APRICOTS SALAD BAR	BEEF STROGANOFF 21 WW EGG NOODLES BRUSSELS SPROUTS SPINACH SALAD BANANA
MEATLOAF 24 MASHED POTATOES STEAMED BROCCOLI WHOLE WHEAT BREAD TROPICAL FRUIT	CHEESE & BACON OMELET 25 ROASTED POTATOES SAUTEED SPINACH WHOLE WHEAT BREAD FRESH ORANGE SALAD BAR	WHITE TURKEY CHILI 26 GREEN BEANS BEET SALAD CORN MUFFIN PEACHES/FIG NEWTONS	SWEET & SOUR PORK 27 BROWN RICE ASIAN BLEND VEGGIES WHOLE WHEAT BREAD MIXED FRUIT SALAD BAR	CHICKEN MARSALA 28 LEMON-HERBED QUINOA BUTTERNUT SQUASH GREEN PEAS PINEAPPLE

** ALL MEALS ARE SERVED WITH 8 OUNCES OF MILK** EQUIVALENT MENU ITEMS MAY BE SUBSTITUTED

** NUTRITIONAL INFORMATION ON THE BACK OF THIS MENU

ALL MENU ITEMS ARE SUBJECT TO CHANGE BASED ON AVAILABILITY

THE FRUIT MAY DIFFER BASED ON AVAILABILITY *THANK YOU FOR YOUR DONATIONS. THEY HELP US STRETCH-H-H-H OUR SERVICES!!*

Do you or someone you know eat lunch alone?
Call **Carla Salcido 520-393-6814**
Donation \$3.00 for participants. \$8.00 Guest Fee

Congregate meals for **ALL** adults **60+**
Transportation available.
Please call for reservation in advance!