



APRIL 2025
GREEN VALLEY SENIOR MEALS
780 S. Park Centre Ave.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BURRITO BOWL 1 BROWN RICE CALIFORNIA VEGGIES APRICOTS SALAD BAR	CREAMY CHICKEN SOUP 2 GREEN PEAS WHEAT ROLL ORANGE	BEEF STROGANOFF 3 WW EGG NOODLES BRUSSELS SPROUTS SPINACH SALAD BANANA SALAD BAR	PARMESAN BAKED FISH 4 SWEET POTATOES LIMA BEANS WHOLE WHEAT BREAD APPLE SLICES (2)
MEATLOAF 7 MASHED POTATOES/GRAVY STEAMED BROCCOLI WHOLE WHEAT BREAD TROPICAL FRUIT	SWEET & SOUR PORK 8 BROWN RICE ASIAN VEGGIES WHOLE WHEAT BREAD MIXED FRUIT SALAD BAR	WHITE TURKEY CHILI 9 GREEN BEANS BEET SALAD CORN MUFFIN PEACHES FIG NEWTONS	CHICKEN MARSALA 10 BUTTERNUT SQUASH LEMON-HERBED QUINOA GREEN PEAS PINEAPPLE SALAD BAR	CHEESE OMELET 11 ROASTED POTATOES SAUTEED SPINACH WHOLE WHEAT BREAD ORANGE
LASAGNA ROLL-UPS 14 MEAT MARINARA SAUCE CAPRI BLEND VEGGIES WHOLE WHEAT BREAD FRUIT CRISP	PORK CARNITAS 15 QUINOA & BLACK BEANS SAUTEED SPINACH WHOLE WHEAT BREAD TROPICAL FRUIT SALAD BAR	SHRIMP GUMBO 16 STEAMED BROCCOLI WHOLE WHEAT BREAD APRICOTS OATMEAL COOKIE SALAD BAR	BEEF STEW W/ CARROTS & POTATOES 17 BUTTERNUT SQUASH CORN MUFFIN APPLE SLICES (2) SALAD BAR	MEET AT CULVER'S AT 11:00AM 18
PIZZA 21 GREEN SALAD ICE CREAM SUNDAE	SWEDISH MEATBALLS 22 BROWN RICE PILAF COUNTRY VEGGIES MIXED GREEN SALAD APPLESAUCE SALAD BAR	POTATO LEEK SOUP W/ TURKEY HAM / ROLL 23 CARROT-RAISIN SALAD MANDARIN ORANGES TEDDY GRAHAMS SALAD BAR	BREADED FISH 24 SAVORY LENTILS NORMANDY VEGGIES WHOLE WHEAT BREAD PEACHES SALAD BAR	GINGER GLAZED CHICKEN 25 RSTD RED POTATOES STEAMED BROCCOLI WHOLE WHEAT BREAD BANANA OATMEAL COOKIE
TURKEY W/TOMATO SAUCE 28 OVER SPAGHETTI SQUASH CALIFORNIA VEGGIES DINNER ROLL PINEAPPLE FIG NEWTONS	PORK TENDERLOIN W/ CRANBERRY THYME SAUCE 29 LEMON-HERBED QUINOA SPINACH SALAD MANDARIN ORANGES SALAD BAR	BEEF BORSCHT 30 SWEET POTATOES WHOLE WHEAT BREAD MIXED FRUIT TEDDY GRAHAMS SALAD BAR		

** 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!