



MARCH 2025

GREEN VALLEY SENIOR MEALS

780 S. Park Centre Ave.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PORK CARNITAS 3 QUINOA & BLACK BEANS SAUTEED SPINACH WHOLE WHEAT BREAD TROPICAL FRUIT	BEEF STEW W/ 4 CARROTS & POTATOES BUTTERNUT SQUASH CORN MUFFIN APPLE SLICES (2) SALAD BAR	SHRIMP GUMBO 5 STEAMED BROCCOLI WHOLE WHEAT BREAD APRICOTS OATMEAL COOKIE	HAMBURGER/WW BUN 6 LETTUCE/TOMATO ROASTED POTATOES CREAMY COLE SLAW ORANGE SALAD BAR	LASAGNA ROLL-UPS 7 CAPRI VEGETABLE BLEND WHOLE WHEAT BREAD FRUIT CRISP
CHICKEN PARMESAN 10 OVER WW PENNE PASTA ITALIAN MIX VEGGIES PEARS	SWEDISH MEATBALLS 11 BROWN RICE PILAF COUNTRY VEGETABLES MIXED GREEN SALAD APPLESAUCE SALAD BAR	POTATO LEEK SOUP 12 TURKEY HAM CARROT/RAISIN SALAD DINNER ROLL MANDARIN ORANGES TEDDY GRAHAMS	GINGER GLAZED CHICKEN 13 RSTD RED POTATOES STEAMED BROCCOLI WHOLE WHEAT BREAD BANANA OATMEAL COOKIE SALAD BAR	BREADED FISH 14 SAVORY LENTILS NORMANDY VEGGIES PEACHES
BAKED POTATO BAR 17 \$5.00 Sign up and pay at the front desk (Cash, Check, Card)	PORK TENDERLOIN 18 W/CRANBERRY THYME SC LEMON HERBED QUINOA GREEN BEANS SPINACH SALAD MANDARIN ORANGES SALAD BAR	BEEF BORSCHT 19 SWEET POTATOES WHOLE WHEAT BREAD MIXED FRUIT TEDDY GRAHAMS	MONGOLIAN BEEF 20 BROWN RICE PILAF EDAMAME APRICOTS SALAD BAR	WHITE FISH W/ 21 PARSLEY GREMOLATA ORANGE/ALMOND COUS COUS STEAMED SPINACH PEARS BROWNIE
SALISBURY STEAK/GRAVY 24 MASHED POTATOES BUTTERNUT SQUASH WHOLE WHEAT BREAD APPLESAUCE OATMEAL COOKIE	DICED PORK W/ 25 GUAVA SAUCE CREAMY POLENTA BRUSSELS SPROUTS FRESH ORANGE SALAD BAR	CHICKEN TORTILLA SOUP 26 W/TORTILLA STRIPS ITALIAN MIX VEGGIES CORN MUFFIN APPLE SLICES (2)	CHILI MAC 27 MIXED VEGETABLES GARDEN SALAD BANANA SALAD BAR	CHEESE OMELET 28 SAUTEED SPINACH QUINOA & BLACK BEANS WHOLE WHEAT BREAD TROPICAL FRUIT
TURKEY TETRAZZINI 31 CAPRI VEGETABLES CAROTT/RAISIN SALAD PEARS SF PUDDING				

** 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!