




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	KALE AND CHICKEN SALAD 1 GREEN BEAN SALAD WHOLE WHEAT ROLL BANANA SALAD BAR	CHILI MAC 2 5 WAY VEGGIES BABY SPINACH SALAD PEACHES SALAD BAR	MONGOLIAN BEEF 3 BROWN RICE PILAF EDAMAME PINEAPPLE CHUNKS SALAD BAR	 4
MEDITERRANEAN BEEF 7 BARLEY PILAF SWEET POTATOES STEAMED BROCCOLI APPLE SICES (2)	SHRIMP SALAD 8 GREEK PASTA SALAD WW DINNER ROLL APRICOTS FIG NEWTONS SALAD BAR	TURKEY TETRAZZINI W/ WW NOODLES 9 CAPRI VEGETABLES CARROT/RAISIN SALAD PEARS/SF PUDDING SALAD BAR	PARM BAKED POLLOCK 10 ROASTED RED POTATOES GREEN BEANS WW BREAD TROPICAL FRUIT SALAD BAR	BEEF STROGANOFF 11 W/WW NOODLES ROASTED CAULIFLOWER BABY SPINACH SALAD BANANA
MEATLOAF/GRAVY 14 MASHED POTATOES SUCCOTASH WW BREAD APPLE SLICES (2)	ASIAN GRND TURKEY SALAD 15 W/PEANUTS LENTIL SALAD WW DINNER ROLL APRICOTS/FIG NEWTONS SALAD BAR	SLOPPY JOE 16 SWEET POTATOES CREAMY COLE SLAW WW BUN PINEAPPLE CHUNKS SALAD BAR	CHEESE OMELET W/ SEAFOOD CREAM SAUCE 17 ROASTED POTATOES SAUTEED SPINACH WW BREAD/ORANGE SALAD BAR	CHICKEN MARSALA 18 LEMON QUINOA CAPRI VEGETABLES WW DINNER ROLL BANANA
BEEF STEW W/ CARROTS & POTATOES 21 STEAMED BROCCOLI CORN MUFFIN APPLE SLICES (2) TEDDY GRAHAMS	SMOKED WHITEFISH SALAD 22 CUCUMBER SALAD WW BREAD APRICOTS OATMEAL COOKIE SALAD BAR	PORK CARNITAS 23 QUINOA & BLACK BEANS SAUTEED SPINACH WW BREAD TROPICAL FRUIT SALAD BAR	LASAGNA ROLL-UPS 24 W/MEAT MARINARA SAUCE CAPRI BLEND VEGGIES WW BREAD FRUIT CRISP SALAD BAR	BBQ BEEF SANDWICH 25 ROASTED POTATOES CREAMY COLE SLAW WW BUN BANANA
HONEY MUSTARD CHICKEN 28 SWEET POTATOES GREEN PEAS WW BREAD PEARS	SW CHICKEN SALAD 29 CARROT/RAISIN SALAD WW DINNER ROLL BANANA TEDDY GRAHAMS SALAD BAR	BREADED FISH 30 SAVORY LENTILS NORMANDY VEGETABLES WW BREAD PEACHES SALAD BAR	CHICKEN PARM OVER 31 PENNE PASTA EDAMAME SUCCOTASH PEARS 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!*