La Posada
COMMUNITY SERVICES

DONATION:

$3.00 – PARTICIPANT
$8.00 - GUEST

# NOVEMBER 2026
# GREEN VALLEY SENIOR MEALS
## 780 S. Park Centre Ave.
**LUNCH IS SERVED AT 11:30AM**

| *MONDAY* | *TUESDAY* | *WEDNESDAY* | *THURSDAY* | *FRIDAY* |
|---|---|---|---|---|
| 2<br>SALISBURY STEAK/GRAVY<br>MASHED POTATOES<br>SWEET PEAS<br>BREAD<br>APPLESAUCE | 3<br>KALE CHICKEN SALAD<br>5-BEAN SALAD<br>DINNER ROLL<br>RED APPLE SLICES<br>SALAD BAR | 4<br>MONGOLIAN BEEF<br>BROWN RICE PILAF<br>STIR FRY VEGETABLES<br>APPLE SALAD<br>BANANA<br>SALAD BAR | 5<br>OMELET/PICO DE GALLO<br>RSTD RED POTATOES<br>5-BEAN SALAD<br>STEAMED SPINACH<br>TROPICAL FRUIT CUP<br>SALAD BAR | 6<br>FIRED CHICKEN<br>MASHED POTATOES<br>SAVORY BRUSSEL SLAW<br>BREAD<br>ORANGE |
| 9<br>BEEF STROGANOFF<br>EGG NOODLES<br>PEAS<br>BABY SPINACH SALAD<br>ORANGE | 10<br>CHICKEN TORTILLA SOUP<br>CALABACITAS<br>TROPICAL FRUIT<br>SALAD BAR | 11<br> | 12<br>CHICKEN TINGA<br>RICE & BEANS<br>CARROTS/CITRUS SLAW<br>BREAD<br>TROPICAL FRUIT CUP<br>SALAD BAR | 13<br>CHICKEN POT PIE<br>BUTTERMILK BISCUIT<br>COUNTRY VEGETABLES<br>RED APPLE SLICES |
| 16<br>MEATLOAF W/KETCHUP<br>MASHED POTATOES<br>SUCCOTASH<br>BREAD<br>DICED PEACHES | 17<br>TURKEY-HAM &<br>POTATO SALAD<br>ROSY PEAR SALAD<br>SF PUDDING<br>ORANGE<br>SALAD BAR | 18<br>CHICKEN MARSALA<br>LEMON HERB QUINOA<br>CALIFORNIA VEGETABLES<br>BREAD<br>BANANA<br>SALAD BAR | 19<br>PORK TENDEROIN<br>CRANBERRY SAUCE<br>5-WAY VEGETABLES<br>CARROT-RAISIN SALAD<br>DINNER ROLL/BAKED APPLES<br>SALAD BAR | 20<br>CHICKEN TACO BOWL<br>SPANISH RICE<br>CAPRI VEGETABLES<br>PINEAPPLE |
| 23<br>BREADED POLLOCK<br>CREAMY MEXICAN STREET<br>CORN<br>GARLIC MASHED<br>POTATOES<br>PEAS & CARROTS<br>APPLE PEACH CRUMBLE | 24<br>ALBONDIGAS SOUP<br>CAPRI VEGETABLES<br>ROSY PEAR SALAD<br>BREAD<br>BANANA<br>SALAD BAR | 25<br>TRADITIONAL<br>THANKSGIVING<br>FEAST<br>AND<br>DESSERT | 26<br> | 27<br> |
| 30<br>LASAGNA ROLL WITH<br>BEEF MARINARA SAUCE<br>CAPRI VEGETABLES<br>APPLE PEACH CRUMBLE | | | | |

** 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!*