

November 2009

SUGGESTED DONATION: \$2.00 PER MEAL

MENU SUBJECT TO CHANGE



**SENIOR NUTRITION SERVICES
"ALL SEASONS CAFÉ"
FOR LOCATIONS AND PHONE
NUMBERS SEE BACK OF MENU**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Corn Chowder* Brussel Sprouts Cornbread w/Margarine Banana	2	Mom's Meatloaf w/Brown Gravy Baked Potato w/Sour Cream Mixed Vegetables Whole Wheat Bread w/Margarine Orange	3	Mock Crab Salad on a Bed of Romaine Hard Boiled Egg Old Fashioned Coleslaw Whole Wheat Bread w/Margarine Cantaloupe	4	Baked Chicken w/Herb Sauce Mashed Potatoes Steamed Spinach Whole Wheat Bread w/Margarine Banana	5	Meat Lasagna Cut Green Beans Green Salad w/ Dressing Spiced Applesauce	6
Sweet & Sour Pork* Steamed Rice Stir-fry Vegetables Pears & Peaches	9	Southwestern Style BBQ Chicken Roasted Sweet Potatoes Black Eyed Peas* Whole Wheat Dinner Roll w/Marg. Orange	10	VETERAN'S DAY NO MEAL SERVICE	11	Crispy Fish Tartar Sauce Au Gratin Potatoes California Blend Vegetables Whole Wheat Bread w/Margarine Banana	12	Pasta Primavera w/Chicken Seasoned Spinach* Harvard Beets Apple	13
Swedish Meatballs Buttered Pasta Green Beans Diced Carrots Orange	16	Baked Chicken Thigh Black Bean Soup Broccoli Whole Wheat Bread w/Margarine Applesauce	17	Southern Style Fish Tartar Sauce Potato Blend Steamed Cabbage Medley Whole Wheat Bread w/Margarine Banana	18	Pepper Steak Brown Rice Pilaf Stir-fry Vegetables Spiced Peaches	19	"THANKSGIVING DINNER" FOR ALL REMAINING SITES Roasted Turkey w/Gravy Orange-Cranberry Relish Cornbread Dressing Mashed Potatoes Green Beans Whole Wheat Dinner Roll w/Marg. Banana Pumpkin Dessert	20
		<u>THANKSGIVING DINNER served to:</u> Orangevale Reservation Due: 11/10/09		<u>THANKSGIVING DINNER served to:</u> Franklin, Swanston Reservation Due: 11/12/09		<u>THANKSGIVING DINNER served to:</u> K St, Creek, Delta, Green, Hagg, Rio, WCIC Reservation Due: 11/17/09		Reservation Due: 11/17/09	
Crispy Fish Tartar Sauce Roasted Potatoes Seasoned Spinach Whole Wheat Bread w/Margarine Orange	23	Chicken Cacciatore Steamed Pasta Corn Kernals Cut Green Beans Banana	24	Salisbury Steak w/Gravy Brown Rice Pilaf Cauliflower w/Green Peas Applesauce	25	 THANKSGIVING HOLIDAY NO MEAL SERVICE	26		27
Sesame Ginger Chicken White Rice Steamed Broccoli Banana	30	EACH MEAL INCLUDES: 8 oz. Fortified 1% Low Fat Milk Special Event Days require 3-Day Advance Registration.	For more information about our program, visit our website at www.mowsacramento.org	*CONTAINS PORK PRODUCTS	 HIGH SALT Meal (above 1000mg)				

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**SENIOR NUTRITION SERVICES
HOME DELIVERED MEALS
"HOT MEALS"
LOCAL: 444-9533
OUT OF AREA: 1-877- 434-8075**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Sesame Ginger Chicken White Rice Steamed Broccoli Banana	30	EACH MEAL INCLUDES: 8 oz. Fortified 1% Low Fat Milk			 HIGH SALT Meal (above 1000mg)	HEATING INSTRUCTIONS OVEN -- Preheat oven to 350° F. Heat meal for 30 minutes. MICROWAVE -- Heat on high 3 minutes. Stir entrée. Taste. If not hot enough, continue heating on high for 2-3 minutes or until done.			
		For more information about our program, visit our website at www.mowsacramento.org			*CONTAINS PORK PRODUCTS				





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HOME DELIVERED MEALS
"FROZEN MEALS"
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OUT OF AREA: 1-877- 434-8075**

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