

Monday	Tuesday	Wednesday	Thursday	Friday
*VITAMIN C SOURCE VITAMIN A SOURCE +HIGHER SODIUM MEAL MENU SUBJECT TO CHANGE WITHOUT NOTICE	BBQ PORK RIBLET O'BRIEN POTATOES <u>OKRA &amp; TOMATOES*</u> <u>CARROT SOUP</u> COLESLAW 1% MILK	MEATLOAF W/GRAVY ROASTED POTATOES <u>STEAMED BROCCOLI*</u> TOSSED SALAD W/CHERRY TOMATOES* ITALIAN DRESSING M% MILK	BAKED CHICKEN QTR W/CREOLE SAUCE STEAMED RICE MIXED GREENS* CAULIFLOWER SOUP* FRESH FRUIT 1% MILK	BEEF STEAK W/PEPPER SAUCE MASHED POTATOES GREEN BEANS & CARROTS* WHEAT BREAD FRESH ORANGE 1% MILK
CRISPY FISH W/TARTAR SAUCE BROWN RICE SPINACH WHEAT BREAD FRESH FRUIT 1% MILK	BAKED ZITI ITALIAN BLEND VEGETABLES <u>MINISTRONE SOUP*</u> FRESH PEAR 1% MILK	CHICKEN FILET W/MARSALA SAUCE PARSLIED EGG NOODLES <u>PARSLIED CAULIFLOWER*</u> <u>CARROT &amp; RAISIN SALAD</u> FRESH BANANA 1% MILK	SALISBURY STEAK W/GRAVY BAKED POTATO FRENCH CUT GREEN BEANS <u>CREAMY SPINACH SOUP*</u> WHEAT BREAD FRESH ORANGE* 1% MILK	BEEF TAMALE SPANISH RICE <u>BAKED ZUCCHINI &amp; TOMATO*</u> LETTUCE, CHERRY TOMATO & CUCUMBER SALAD FRESH KIWI* 1% MILK
CHICKEN /CACCIATORE SAUCE SPIRAL PASTA ITALIAN MIXED VEGETABLES* ORANGE JUICE* 1% MILK	BREADED VEAL W/GRAVY <u>CARROTS*</u> VEGETABLE SOUP ROASTED POTATOES 1% MILK	SWEDISH MEATBALLS PARSLIED POTATOES WAX & GREEN BEANS CREAMY COLESLAW* FRESH ORANGE 1% MILK	<u><b>BIRTHDAY CELEBRATION</b></u> LEMON PEPPER FISH BROWN RICE <u>LIMA BEANS &amp; RED PEPPERS*</u> <u>CREAM OF BROCCOLI SOUP*</u> BIRTHDAY CAKE 1% MILK	GROUND BEEF STROGANOFF W NOODLES YELLOW SQUASH* SUGAR SNAP PEAS FRESH KIWI* 1% MILK
BBQ CHICKEN QUARTER <u>BROCCOLI &amp; CAULIFLOWER*</u> <u>BAKED SWEET POTATOES*</u> <u>ZUCCHINI &amp; CARROT SALAD*</u> 1% MILK	SPAGHETTI W/MEATSAUCE <u>PARSLIED CAULIFLOWER*</u> ITALIAN GREEN BEANS SPLIT PEA SOUP FRESH PEAR 1% MILK	TURKEY POTROAST MASHED POTATOES* <u>CAPRI MIXED VEGETABLES*</u> TOSSES SALAD W/CHERRY TOMATOES* WHEAT BREAD 1% MILK	TURKEY HAM W/RAISIN SAUCE BROWN RICE GREEN BEANS POTATO CHOWDER FRESH ORANGE* 1% MILK	TERIYAKI CHICKEN RICE <u>SNOW PEAS &amp; WATER CHESTNUTS</u> PINEAPPLE JUICE* 1% MILK
SOFT SHELL TACO SPANISH RICE BLACK BEANS SHREDDED LETTUCE, CHERRY TOMATOES & CUCUMBER* TANGERINE* 1% MILK	CRAB CAKES W/TARTAR SAUCE POTATO WEDGES MIXED VEGETABLES TOMATOE CORN SOUP CRANBERRY JUICE 1% MILK	MEATLOAF W/GRAVY MASHED POTATOES <u>BROCCOLI &amp; CAULIFLOWER*</u> <u>TOSSES SALAD W/                      CHERRY TOMATOES*</u> WHEAT BREAD 1% MILK		

**April 2008**

**Bay Area Community Services  
Congregate Menu**

**Program Information  
510 - 986-8900**