



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Meal reservations and cancellations must be made at least three business days in advance.</b> Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5.</p>				
2	3	4	5	6
Calabacitas Pollo (Chicken) Zucchini Corn Millet Pilaf	Creamy Lemon Broccoli (Roasted Tofu) Broccoli Peas Brown Rice	Pollo Asado Taco (Chicken) Black Beans Corn Salad Whole Grain Tortilla	Pineapple Sweet & Sour Pork (Cerdo) Broccoli Red Cabbage Whole Grain Yakisoba Noodles	Beef (Carne) Bolognese Cooked Carrots Peas Rotini Pasta
9	10	11	12	13
Pork (Cerdo) Carrots Steamed Green Beans Couscous	Tex-Mex Turkey (Pavo) Rotini Black Beans Corn Salad Whole Grain Rotini	Tofu Larb (Seasoned and Roasted Tofu) Broccoli Carrots Whole Grain Yakisoba Noodles	Baked Salmon (Pescado) Zucchini Roasted Peppers & Onions Quinoa	Za'atar Veggie & Chicken (Pollo) Bowl Spinach/Carrot/ Cabbage Blend Pickled Red Cabbage Brown Rice
16	17	18	19	20
Egg Roll in a Bowl (Ground Beef- Carne) Roasted Mushrooms Spinach/Carrot/Cabbage Blend Brown Rice	Mediterranean Salmon Dinner (Pescado) Spinach Chickpeas Ciabatta	Beef (Carne) Picadillo con Arroz Roasted Peppers & Onions Peas Brown Rice	Roasted Lemon Dill Chicken (Pollo) Spinach Roasted Potatoes Couscous	Cauliflower Romesco (Tofu + Chickpeas) Cauliflower Rice Tomatoes, red peppers, (romesco sauce) Quinoa
23	24	25	26	27
Ginger Orange Tofu Buddha Bowl (Tofu, Edamame) Pickled Red Cabbage Edamame Whole Grain Yakisoba Noodles	Turkey Cheeseburger Hash (Pavo) Roasted Red Peppers Sweet Potatoes Quinoa	Fish Enchilada (Pescado) Corn Black Beans Whole Grain Tortilla	Mojo Honey Pork (Pork) Fresh Broccoli Roasted Peppers & Onions Millet Pilaf	French Onion Chicken (Pollo) Spinach & Caramelized Onions Peas Whole Grain Rotini
30	31			
Beef (Carne) Taco Salad Romaine Lettuce Carrots Millet Pilaf	<p><b>CENTER CLOSED</b> Cesar Chavez Day Holiday</p>			



milk and fruit served daily  
Se sirven leche y fruta a diario