

Café Almaden March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Cacciatore Buttered Noodles Italian Vegetables Orange Juice Oatmeal Cookie Low Fat Milk	2  Chicken Monterey Herb Rice Swiss Chard Fresh Fruit Whole Wheat Roll Low Fat Milk	3 Beef Stew w/Potatoes and Vegetables Garden Salad Fresh Fruit Low Fat Milk	4 Grilled Lemon Chicken Spanish Rice Black Bean Jicama Salad Fresh Fruit Low Fat Milk	5 Spaghetti w/Meat Sauce Italian Blend Vegetables Italian Salad Pineapple Chunks Low Fat Milk
8 Southwest Chili Corn Bread Coleslaw Apple Juice Chef surprise dessert Low Fat Milk	9 Tuscan Chicken Roasted Red Potatoes Spinach Fresh Fruit Low Fat Milk	10 Roasted Pork Loin Carrots & Corn Au Gratin Potatoes Chilled Peaches Low Fat Milk	11 Stewed Chicken Mixed Vegetables Garlic Mashed Potatoes Apple Low Fat Milk	12 Grilled Chicken Sandwich w/ Roasted Red Pepper Garden Salad Tropical Fruit Low Fat Milk
15 Roast Beef Sandwich  Pop Chips Garden Salad Apple Juice Oatmeal Cookie Low Fat Milk	16 Honey Mustard Chicken Steamed Brown Rice Steamed Broccoli Orange Low Fat Milk	17  BBQ Ribs Chuckwagon Corn Pasta Salad Garden Salad Cantaloupe Low Fat Milk	18 Beef Stroganoff Rotini Pasta Garden Vegetables Banana Low Fat Milk Lunch Will Be Served Upstairs	19 Baked Fish Wild & Brown Rice Spinach Pear Low Fat Milk
22 Chicken Noodle Soup Garden Salad Cantaloupe Low Fat Milk	23 Chicken Marsala Seasoned Carrots Spinach Banana Low Fat Milk	24 Roast Pork Sandwich Seasoned Carrots Apple Sauce Low Fat Milk	25 Chicken Fajitas Salad Spanish Rice Mexican Coleslaw Fruit Cocktail Low Fat Milk	26 Swedish Meatballs Roasted Red Potatoes Broccoli Cuts Orange Juice Fresh Apple Low Fat Milk
29 Grilled Chicken Rice Pilaf Chuckwagon Corn Chilled Peaches Low Fat Milk	30 Herb Roasted Chicken Roasted Red Potatoes Cauliflower Pineapple Chunks Low Fat Milk	31 Closed		Funds for this program are brought to you by the Healthy Neighborhood Venture Funds; a tobacco settlement fund.

Alternative Menu

{March 1 thru 5 Tuna Salad} {March 8 Thru 12 Garden Salad} {March 15 thru 19 Grilled Chicken Salad}
 {March 22 thru 26 Wedge Salad} {March 29 thru April 2 Tuna Salad}

No senior aged 60 or over shall be denied a meal based on their inability to make a contribution”.