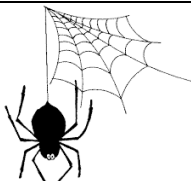
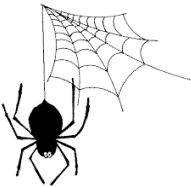


Menu subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 =High Sodium Day	1 Veal Cacciatore Pasta Farfalle Green Beans Roll, Orange Milk	2 Oven Fried Chicken w/Gravy Roasted Potatoes Carrots & Peas Roll, Pineapple Milk
5 Cheese & Herb Raviolis w/Marinara Sauce Lima Beans Roll Juice, Yogurt, Milk 	6 Cajun Lemon Tilapia Brown Rice Pilaf Green Beans Roll, Mixed Fruit Milk	7 Chicken Pot Pie Mashed Potato Broccoli Roll, Apple Milk 	8 Baked Glazed Ham Mashed Sweet Potatoes Green Beans Roll, Peaches Milk	9 Grilled Chicken Sandwich w/Cheese Creamy Parmesan Garlic Pasta Salad, Carrot Sticks Mandarin Oranges, Milk
12 CENTER CLOSED 	13 Crab Cake Roasted Potatoes Mixed Vegetables Roll, Orange Milk	14 Baked Cod Quinoa, Kale, Edamame Rice Roasted Zucchini Roll, Peaches Milk	15 Baked Ziti w/Sausage San Francisco Blend Garlic Bread Mandarin Oranges Milk 	16 Hamburger Lettuce & Tomato Tater Tots, Coleslaw Pineapple Milk
19 Chicken Enchilada w/Green Salsa Aztec Brown Rice Mixed Vegetables Juice, Yogurt, Milk	20 Chef Salad (Ham, Turkey, Cheese, Egg, Lettuce, Tomato) Saltine Crackers, Mixed Fruit Milk	21 Beef Lasagna Italian Vegetables Garlic Bread Mandarin Oranges Milk	22 Country Fried Steak w/Gravy Mashed Potatoes Carrots Roll, Orange Milk 	23 Pork Carnitas Mexican Rice Corn Roll, Pineapple Milk
26 Carbonara w/Ham Penne Pasta Italian Vegetables Roll Juice, Yogurt, Milk 	27 Blackened Pangasius w/Garlic Aioli, Sauteed Peppers & Onion, Rice Pilaf Roll, Pineapple Milk	28 Egg Salad Sandwich Couscous Salad w/Balsamic Vinaigrette Baby Carrots, Orange Milk	29 Pork Crumble Mac & Cheese Edamame Roll Orange Milk 	30 Chicken Cacciatore Wild Rice Pilaf CA Vegetable Blend Roll, Pear Milk

"The project, including all materials, products, and services, is partially funded by the California Department of Aging, as allocated by the Riverside County Board of Supervisors, and administered by the Riverside County Office on Aging".

Menu subject to change based on product availability.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
		 = Dia De Alto Sodio	1 Ternera A La Cacciatore Pasta Farfalle Judias Verdes Panecillo, Naranja Leche	2 Pollo Al Horno c/Salsa Patatas Asadas Zanahorias Y Guisantes Panecillo, Pina Leche
5 Raviolis De Queso Y Hierbas c/Salsa Marinara Habas Panecillo Jugo, Yogur, Leche 	6 Tilapia c/Limon Estilo Cajun Pilaf De Arroz Integral Judias Verdes Panecillo Fruta Mixtas	7 Pastel De Pollo Puree De Papa Brocoli Panecillo, Manzana Leche 	8 Jamon Glaseado Al Horno Pure De Batata Judias Verdes Panecillo, Durazno Leche	9 Sandwich De Pollo A La Parilla c/Queso, Ensalada De Pasta Cremosa c/Parmesano Y Ajo Zanahorias, Mandarinas Leche
12 CENTRO CERRADO 	13 Pastel De Cangrejo Patatas Asadas Verduras Mixtas Panecillo, Naranja Leche	14 Bacalao Al Horno Arroz c/Quinoa, Kale Y Edamame, Calabacin Asados Panecillo, Durazno Leche	15 Ziti Al Horno c/Salchicha Mezcla San Francisco Pan De Ajo Mandarinas Leche 	16 Hamburguesa Lechuga Y Tomate Tater Tots, Ensalada De Col Pina Leche
19 Enchilada De Pollo c/Salsa Verde Arroz Integral Azteca Verduras Mixtas Jugo, Yogur, Leche	20 Ensalada Del Chef (Jamon, Pavo, Huevo Duro, Lechuga, Tomate, Queso) Galletas Saladas, Fruta Mixta Leche	21 Lasana De Carne Verduras Italiana Pan De Ajo Mandarinas Leche	22 Bistec Empanizado Al Estilo Sureno c/Salsa Pure De Papa, Zanahorias Panecillo, Naranja Leche 	23 Carnitas De Cerdo Arroz Mexicano Elote Panecillo, Pina Leche
26 Carbonara c/Jamon Pasta Penne Verdura Italiana Panecillo Jugo, Yogur, Leche 	27 Pangasius Ennegrecido c/Aloli De Ajo, Pimientos Y Cebolla Salteados, Arroz Pilaf Panecillo, Pina Leche	28 Sandwich De Ensalada De Huevo, Ensalada De Cuscus c/Vinagreta Balsamica Zanahorias, Naranja Leche	29 Macarrones c/Queso Y Cerdo Edamame Panecillo Naranja Leche 	30 Pollo A La Cacciatore Pilaf De Arroz Silvestre Verdura Mezcla CA Panecillo, Pera Leche

"El proyecto, incluyendo todos los materiales, productos y servicios, está parcialmente financiado por el Departamento de Envejecimiento de California, según lo asignado por la Junta de Supervisores del Condado de Riverside, y administrado por la Oficina de Envejecimiento del Condado de Riverside."