March 2010

Senior Nutrition Program Project CHERISH

*High Sodium Meal (over 1,000 mg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Chop Suey * **1** Steamed Rice Chow Mien Noodles Japanese Blend Vegetables Beet & Onion Salad Chilled Mandarin Oranges	**Beef Stew w/ Potatoes & Carrots** **2** Creamy Cole Slaw Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	**Teriyaki Chicken Skewers w/ Pineapple Tidbits *** **3** Steamed Rice Mixed Vegetables Green Salad w/ Dressing Whole Wheat Dinner Roll Apple Crisp	**Beef Taco** **4** w/ Shredded Cheese & lettuce w/ Diced Tomatoes Refried Beans Salsa Chilled Pears	**Tuna Salad On Spinach/Romaine Mix *** **5** Tomato Wedges Carrot Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O
White Navy Beans w/ Ham * **8** Zucchini/Cauliflower Pepper Cole Slaw Cornbread Apple Wedges	**Lasagna *** **9** Lima Beans Lettuce/Spinach Salad w/ Italian Dressing Garlic French Bread Chilled Mandarin Oranges	**Chicken Cordon Bleu *** **10** Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Chilled Applesauce Spice Cake	**Salisbury Steak w/ Gravy *** **11** Mashed Potatoes Carrots/Peas Green Salad w/ Dressing Whole Wheat Dinner Roll Orange Wedges	**Breaded Fish Fillet *** **12** w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries
BBQ Pork on Bun **15** Broccoli/Cauliflower Carrot-Raisin Salad Chilled Applesauce	**Spaghetti w/ Meat Sauce *** **16** Cauliflower/Carrots Tossed Green Salad w/ Italian Dressing Garlic French Bread Chilled Peaches Vanilla Pudding	**Chicken Patty w/ Gravy *** **17** Mashed Potatoes Mixed Vegetables w/ Lima Beans Lettuce/Spinach Salad w/ Dressing Whole Wheat Dinner Roll Apple Wedges Peanut Butter Cookie	**Tamale Pie *** **18** Pinto Beans Tossed Green Salad w/ Dressing Chilled Mandarin Oranges	**Crab Salad On Spinach/Romaine Mix** **19** Whole Hard-Boiled Egg Tomato Wedges Carrot Sticks Whole Wheat Crackers Chilled Pineapple Tidbits
Chili Con Carne * **22** Carrot Coins Green Salad w/ Tomato & Dressing Cornbread Chilled Pears	**Macaroni & Cheese w/ Ham *** **23** Green Beans Lettuce/Spinach Salad w/ Kidney Beans & Dressing Whole Wheat Dinner Roll Chilled Strawberries	**Chicken Nuggets * w/ BBQ Dipping Sauce** **24** Baked Beans Broccoli Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Pears Oatmeal Cookies	**Meatloaf w/ Gravy *** **25** Mashed Potatoes Lima Beans w/ Carrots Green Salad w/ Dressing Whole Wheat Dinner Roll Chilled Mandarin Oranges	Orange Juice **26** **Fish Sandwich *** w/Tartar Sauce Lettuce/Tomato/Onion Potato Wedges Creamy Cole Slaw Chocolate Pudding
Sloppy Joe * **29** Potato Wedges Parslied Carrots Pepper Cole Slaw Chilled Applesauce Spice Cake	**Pinto Beans w/ Ham *** **30** Tossed Green Salad w/Tomato & Dressing Cornbread Chilled Pineapple Chunks	**Chicken Keiv *** **31** Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)		

ARE YOU 60 OR OLDER?

ENJOY WITH OTHER SENIORS A NOON MEAL AT A *CHERISH* SITE.

ALL FOOD IS PREPARED IN OUR CENTRAL KITCHEN LOCATED IN MERCED THE FOOD IS THEN LOADED INTO FULLY INSULATED CONTAINERS, WHICH ASSURE BOTH QUALITY AND SAFETY.
THE PREPARED FOOD IS THEN DELIVERED BY VANS TO THE *CHERISH* SITES.

MERCED	**723-9331**
ATWATER	**358-0681**
WINTON	**358-5387**
LIVINGSTON	**394-3954**
GUSTINE (MOW)	**723-4565**
DOS PALOS	**392-6803**
LOS BANOS	**826-4777**
PLANADA	**382-1101**
HILMAR	**632-8982**

Cost of meals is based on **Suggested Contribution** of **$2.00** for **Congregate Meals** and **$2.00** for **Meals-on-Wheels. Guest Cost $4.00 for those 59 years old and under.**

……..And Justice For All…….

This facility is operated in Accordance with U.S. Dept. of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, DC 20250