


500 East F Street, Tehachapi

Reservations/Cancellations – 822-6255				
Menus are subject to change without prior notice				
Monday	Tuesday	Wednesday	Thursday	Friday
			01. <b>Orange Chicken</b> Capri vegetables Strawberry applesauce** Rice Wheat Roll Milk	02. <b>Beef &amp; Cabbage Casserole</b> Mixed Veggie** Apple Wheat Roll <u>Juice</u> Milk
05. <b>Almond Dijon Chicken</b> Beets Green Salad <u>Mandarin Oranges</u> Garlic Bread Milk	06. <b>Tuna Noodle &amp; Pea Casserole</b> Italian Veggies** Green Salad <u>Blushing Pears</u> Milk	07. <b>Mac n Cheese w/Ham</b> Peas & Carrots** Green Salad <u>Strawberry Applesauce</u> Biscuit Milk	08. <b>White Bean and Chicken Soup</b> Broccoli** Biscuit Pears <u>Juice</u> Milk	09. <b>Tilapia Florentine</b> Capri Veggies** Couscous <u>Cantaloupe</u> Wheat Bread Milk
12. <b>Chicken Chilaquiles</b> Broccoli** <u>Tropical Fruit</u> Spanish Rice Milk	13. <b>Shepherd's Pie</b> Broccoli** <u>Blushing Pears</u> Wheat Bread <u>Juice</u> Milk	14. <b>Chicken &amp; Sausage Gumbo**</b> Spinach Salad** Biscuit Apple <u>Juice</u> Milk	15. <b>Lentil Soup</b> Broccoli** Banana Cornbread Apple Raisin Bread Pudding Milk	16. <b>Fish w/ Lemon Sauce</b> Carrots** Orzo Pineapple Coleslaw Sliced Apples Wheat Bread Milk
19. <b>Taco Salad</b> Spanish Rice <u>Fruit Gelatin</u> Milk	20. <b>Tuna Salad Sandwich</b> Split Pea Soup** <u>Pineapple &amp; Cottage Cheese</u> Wheat Bread Milk	21. <b>Meatloaf</b> Peas & Carrots** Mashed Potatoes Broccoli Salad** <u>Pears</u> Wheat Roll Milk	22. <b>Southern Smothered Chicken</b> Autumn Beet Salad Rice Cornbread Milk	23. <b>Pork Loin</b> Broccoli** Scalloped Potatoes Garden Salad <u>Sliced Apples</u> Wheat Roll Milk
26. <b>Vegetable Rigatoni</b> Italian Broad Bean Salad <u>Pears</u> Juice Milk	27. <b>Chef Salad</b> Three Bean Salad <u>Apple</u> <u>Juice</u> Milk	28. <b>Turkey Hot Dog w/ Chili</b> Corn Potato Wedges <u>Pineapples</u> Milk 	29. <b>Loaded Baked Potato</b> Spinach Salad w/ Cranberries** Green Beans Peaches & Cottage Cheese <u>Juice</u> Milk	30. <b>Casino Crusted Cod</b> Carrots Sweet Potato Tater Tots Green Salad <u>Tropical Fruit</u> Wheat Roll Milk

Note: \*\* items are a rich source of Vitamin A

Underlined items meet 1/3 of the DRI's for Vitamin C

Suggested Donation Age 60+ - \$3.00; Non-seniors meal cost - \$6.00

Seniors will not be denied service due to inability to make a donation

= More than 1000 mg Sodium

