

# Community Table

## Regular Entrée

MAY-OCT, 2024

PH: 707-525-0143 X104  
Seniors 60 Yr. & Older

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST				AUGUST 8/1 Chicken with Pesto, Italian Vegetables, Rigatoni, Kiwi	8/2 Chicken Peperonata, Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	8/5 Chicken w/ Sun Dried Tomato Sandwich, Chickpea Salad, Applesauce, Cookies	8/6 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup, Cookies	8/7 Baked Herb Chicken, Broccoli, Roasted Red Potatoes, Kiwi, Cookies	8/8 Beefaroni, Capri Blend, Watermelon, Cookies	8/9 Tandoori Chicken, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple, Cookies
	8/12 Pesto Chicken Sandwich, Green Salad, Applesauce	8/13 Beef Pot Pie, Cauliflower, Potato Medley, Peach Cup	8/14 Turkey & Vegetable Chili, 5 Way Mixed Vegetables, Bulgar, Banana	8/15 Chicken Meatball Marinara, Peas & Carrots, Pasta, Pineapple	8/16 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	8/19 BBQ Chicken Sandwich, Green Salad, Peach Cup	8/20 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	8/21 Chicken with Sun Dried Tomato Florentine, Italian Vegetable Blend, Barley, Orange	8/22 Cajun Chicken, Spinach, Corn, Lime Brown Rice, Kiwi	8/23 Fish Piccata, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew
	8/26 Egg Salad Sandwich, White Bean Salad, Tropical Fruit Cup	8/27 Pork with Mushrooms, Capri Blend, Bulgar, Banana	8/28 Chicken Melitzana, Summer Squash, Pasta, Orange	8/29 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple	8/30 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend
SEPTEMBER	SEPTEMBER 9/2 Our Office is Closed in Observance of the Memorial Day Holiday	9/3 Balsamic Chicken, Zucchini, Peppers & Tomatoes, Couscous, Banana, Cookies	9/4 Citrus Marinated Pork, Broccoli, Potato Medley, Watermelon, Cookies	9/5 Chili Con Carne, Capri Vegetable Blend, Pasta, Pineapple, Cookies	9/6 Italian Baked Chicken, Broccoli, Peas & Mushrooms, Barley, Kiwi, Cookies
	9/9 Turkey & Swiss Sandwich, Beet Salad, California Fruit Blend	9/10 BBQ Pork, Cauliflower, Corn, Bulgar, Applesauce	9/11 Salisbury Steak, Green Beans, Mashed Potatoes, Banana	9/12 Chicken with Pesto, Italian Vegetables, Rigatoni, Kiwi	9/13 Chicken Peperonata, Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	9/16 Chicken w/ Sun Dried Tomato Sandwich, Chickpea Salad, Applesauce	9/17 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	9/18 Baked Herb Chicken, Broccoli, Roasted Red Potatoes, Kiwi	9/19 Beefaroni, Capri Blend, Watermelon, Cookies	9/20 Tandoori Chicken, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple
	9/23 Pesto Chicken Sandwich, Green Salad, Applesauce	9/24 Beef Pot Pie, Cauliflower, Potato Medley, Peach Cup	9/25 Turkey & Vegetable Chili, 5 Way Mixed Vegetables, Bulgar, Banana	9/26 Chicken Meatball Marinara, Peas & Carrots, Pasta, Pineapple	9/27 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	9/30 BBQ Chicken Sandwich, Green Salad, Peach Cup				
OCTOBER		OCTOBER 10/1 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	10/2 Chicken with Sun Dried Tomato Florentine, Italian Vegetable Blend, Barley, Orange	10/3 Cajun Chicken Spinach, Corn, Lime Brown Rice, Kiwi	10/4 Fish Piccata, Zucchini, Tomato & Green Beans, Quinoa, Honeydew
	10/7 Egg Salad Sandwich, White Bean Salad, Tropical Fruit Cup, Cookies	10/8 Pork with Mushrooms, Capri Blend, Bulgar, Banana, Cookies	10/9 Chicken Melitzana, Summer Squash, Pasta, Orange, Cookies	10/10 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple, Cookies	10/11 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend, Cookies
	10/14 Chicken Apple Sandwich, Carrot Apple Slaw, Applesauce	10/15 Balsamic Chicken, Zucchini, Peppers & Tomatoes, Couscous, Banana	10/16 Citrus Marinated Pork, Broccoli, Potato Medley, Watermelon	10/17 Chili Con Carne, Capri Vegetable Blend, Pasta, Pineapple	10/18 Italian Baked Chicken, Broccoli, Peas & Mushrooms, Barley, Kiwi
	10/21 Turkey & Swiss Sandwich, Beet Salad, California Fruit Blend	10/22 BBQ Pork, Cauliflower, Corn, Bulgar, Applesauce	10/23 Salisbury Steak, Green Beans, Mashed Potatoes, Banana	10/24 Chicken with Pesto, Italian Vegetables, Rigatoni, Kiwi, Cookies	10/25 Chicken Peperonata, Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	10/28 Chicken w/ Sun Dried Tomato Sandwich, Chickpea Salad, Applesauce	10/29 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	10/30 Baked Herb Chicken, Broccoli, Roasted Red Potatoes, Kiwi	10/31 Beefaroni, Capri Blend, Watermelon	

All Meals are Low-Sodium, Low-Fat, No Added Sugar, and Served with Wheat Bread and 1% Milk.

It costs \$9.00 to produce each meal. A \$4.00 contribution per meal is suggested, but any amount is appreciated.

*If you are not going to be coming to lunch, please call us one week in advance to cancel your reservation at 707-525-0143 x 104*

**Our offices will be closed on the following Dates: 5/27, 6/19, 7/4, 9/2**