



Camarillo Health Care District's Senior Lunch Program (805) 388-1952
SEPTEMBER 2010 CAFÉ MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		CLOSED	Beef Sirloin Tip w/Portobello Mushrooms, Lima Beans	Meat Lasagna, Carrots
6	7	8	9	10
CLOSED LABOR DAY HOLIDAY	NEW ITEM Pumpkin Squash Ravioli, Sliced Carrots	CLOSED	Beef & Broccoli in Sauce, 5-Way Vegetable Mix	Turkey Pot Roast, Spinach
13	14	15	16	17
Stuffed Cabbage Rolls, California Vegetable Blend	Vegetable Lasagna w/Fire Roasted Vegetables, Peas	CLOSED	Hearty Beef Stew, Green Beans	NEW ITEM Vegetable Pot Stickers, Green Beans
20	21	22	23	24
Salisbury Steak w/Mushroom Sauce, Corn	Macaroni & Cheese, Lima Beans	CLOSED	SW Style Chicken Bake, Peas	Sweet & Sour Chicken , Scandinavian Vegetable Blend
27	28	29	30	
Chicken Broccoli Alfredo, Peas	5-Cheese Lasagna, Carrots	CLOSED	Chicken ala King, Brussels Sprouts	

All meals are served with Whole Grain Bread, Butter, Fruit, Mixed Green Salad,
8 oz. Low Fat Milk, and either Yogurt, or Cheese Stick.

Menu subject to change without notice

Please call 388-1952 to make reservations

Your Kind Donations Keep the Program Operating!
\$3.00 per meal is appreciated.
Thank you for your generosity!