



Camarillo Health Care District's Senior Meals Program (805) 388-1952
SEPTEMBER 2010 HOME DELIVERY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Strips & Penne Pasta, Green Beans w/Onions & Red Peppers, Capri Vegetable Blend	Western Omelet, Peach Half, Potato Cubes	Breaded Veal Patty, Mixed Greens, Diced Sweet Potatoes
6	7	8	9	10
Whole-Grain Beef Chimichanga, Apple Sauce & Mexicorn	Teriyaki Glazed Chicken Breast, Sweet Potato Casserole, Brussels Sprouts	Beef & Bowtie Pasta with Herb Tomato Sauce, Capri Vegetable Blend & Corn	Cheese Ravioli with Garlic Tomato Meat Sauce, Roasted Potatoes, Zucchini Not a Low Sodium Meal	Breaded Fish, Roasted Rosemary Potatoes, Italian Blend Vegetables
13	14	15	16	17
Flame Broiled Beef Patty, Potatoes, Capri Vegetable Blend	Breaded Pork Patty, Spinach, Rutabagas	Grilled Chicken Breast w/Rice & Gravy, Carrots, Green Peas	Peppered Beef Patty, Loaded Potato, Mixed Greens	Red Beans & Rice w/Sausage, Cabbage, Carrots
20	21	22	23	24
Café Steamer Chicken Marinara	BBQ Rib Patty, Sweet Potato Casserole, Green Peas	Egg Patties & Turkey Sausage, Diced Potatoes, Peaches	Chicken Strips w/Sweet & Sour Sauce, Mexicorn, Spinach	Ham & White Beans, Diced Sweet Potatoes, Winter Vegetable Blend
27	28	29	30	
Classic Chicken Tetrazzini, Carrots, Green Peas	Grilled Pork Patty, Diced Apples, Spinach	BBQ Chicken Breast, Broccoli, Diced Sweet Potatoes	Char Broiled Steak Fingers, Black-eyed Peas, Mixed Greens	

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

Your Kind Donations Keep the Program Operating!
\$3.00 per meal is appreciated.