

November 2023 MENU

Café 906

T.E.A.C.H. SENIOR SERVICES

906 W. 4TH STREET
ALTURAS, CA 96101

**Please Call for
Reservations**

(530) 233-5556

Menus are subject to change
without prior notice!

Suggested Donations:

- Seniors Regular Meal \$4.00
- Seniors Salad Bar \$3.00
- Seniors Special Meal \$6.00
- Non-seniors Regular Meal \$8.00
- Non-seniors Salad Bar \$5.00
- Non-seniors Special Meal \$9.00

DIETARY INFORMATION

All menus contain 1/3 RDA as set by CDA

Protein Source: 2 oz. meat or alternate – ½ cup servings

+VIT. C Source:

*VIT. A Source:

Fruit or Vegetable:

1% Milk: 8 oz. Daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Closed	2	Chicken Cordon Bleu Green Beans Oatmeal Cookie ww Dinner Roll Milk Salad	3	Chicken Patty Sandwich – ww Bun Corn Chowder Soup Peas Banana Milk
6	Closed	7	Meatballs w/Marinara Mixed Veggies ww Bread Rice Milk Salad	8	Closed	9	Chicken Tenders Broccoli ww Bread Jello Milk Salad	10	 Closed Happy Veterans Day (Observed)
13	Closed	14	Chili Relleno Casserole Beans Cauliflower ww Bread Milk Salad	15	Closed	16	~SPECIAL MEAL~ Turkey w/Gravy & Stuffing Mashed Potatoes w/Gravy Green Bean Casserole ww Dinner Roll Cranberry Sauce Pie Milk	17	Grilled Cheese Sandwich Tomato Bisque Soup Corn Orange Milk
20	Closed	21	Mom's Goulash Green Peas Rice ww Bread Apple Milk Salad	22	Closed	23	Closed Happy Thanksgiving!	24	Closed Happy Day After Thanksgiving
27	Closed	28	Pork Chop w/Gravy Broccoli Buttered Noodles ww Bread Milk Salad	29	Closed	30	Meatloaf w/ Gravy Corn Mashed Potatoes ww Dinner Roll Chocolate Cake Milk Salad		

