

January 2024 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



<i>MONDAY</i>		<i>TUESDAY</i>		<i>WEDNESDAY</i>		<i>THURSDAY</i>		<i>FRIDAY</i>	
1	Closed	2	Closed	3	Closed	4	BBQ Chicken Green Beans ww Bread Buttered Noodles Jello w/Fruit Milk Salad	5	Clam Chowder Soup Corn Tater-Tots Pear ww Cracker Milk
8		Closed		9		Chili Relleno Casserole Carrots ww Bread Mexi-Rice Milk Salad		10	
15	Closed		16	Chicken Lombardy Peas Garlic Noodles ww Bread Peach Cobbler Milk Salad	17		Closed	18	Kielbasa w/Pasta Asparagus Black Beans ww Bread Milk Salad
22		Closed	23		Creamy Burrito Cauliflower Pinto Beans ww Bread Milk Salad	24		Closed	
29	Closed		30	Tamali Pie Corn & Carrots ww Bread Corn Bread Strawberry Fluff Milk Salad		31	Closed		