

March 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	Ham Sandwich Ham & Bean Soup Coleslaw Salad Mandarin Orange Cups Milk
4	Closed	5	Tuna Casserole Mixed Veggies Beans ww Bread Carrot Cake Milk Salad	6	Closed	7	Pork Chop w/Gravy Green Beans Mashed Potatoes ww Bread Milk Salad	8	Turkey & Cheese Sandwich Minestrone Soup Mixed Fruit Cup Milk
11	Closed	12	Roast Beef Stew Brussel Sprouts ww Bread Noodles Milk Salad	13	Closed	14	Corned Beef & Cabbage-Special Meal Carrots & Potatoes ww Dinner Roll Lime Poke Cake Milk Salad	15	Chili Soup Mixed Veggies Corn Bread Apple Crisp Milk
18	Closed	19	Cowboy Stew Broccoli ww Bread Milk Salad	20	Closed	21	Ham Peas Yams ww Bread Oatmeal Cookie Milk Salad	22	Clam Chowder Soup Sourdough Bread Corn Diced Peaches-Cup Milk
25	Closed	26	Green Chicken Enchiladas Mixed Veggies Mexi-Rice ww Bread Pear Crisp Milk Salad	27	Closed	28	Meatloaf w/Gravy Corn Mashed Potatoes ww Bread Milk Salad	29	Tuna Sandwich Corn Chowder Carrot & Raisin Salad Applesauce Milk