

\*Beginning In July 2024: The Senior Center, Including Meals On Wheels, Will Be Closed On Fridays.\*

# July 2024 MENU

## Café 906

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

906 W. 4<sup>TH</sup> 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 \$5.00**  
**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>	
<b>1</b>	Closed	<b>2</b>	Pork Chop w/Gravy Peas Pasta ww Bread Applesauce Cup Salad	<b>3</b>	Closed	<b>4</b>	Closed Independence Day	<b>5</b>	Closed
<b>8</b>	Closed	<b>9</b>	Chicken Enchiladas Mixed Veggies Spanish Rice ww Bread Pear Cup Milk Salad	<b>10</b>	Closed	<b>11</b>	Meatloaf w/Gravy Carrots Mashed Potatoes w/Gravy ww Bread Peach Cobbler Milk Salad	<b>12</b>	Closed
<b>15</b>	Closed	<b>16</b>	Shepherd's Pie Broccoli ww Bread Peaches w/ Cottage Cheese Milk Salad	<b>17</b>	Closed	<b>18</b>	Ham Black Beans Cauliflower ww Bread Banana Milk Salad	<b>19</b>	Closed
<b>22</b>	Closed	<b>23</b>	Turkey Hot Dog Green Beans Tater-Tots Mandarin Cup ww Bread Milk Salad	<b>24</b>	Closed	<b>25</b>	Egg Roll Mixed Veggies Rice Fortune Cookie Apple Milk Salad	<b>26</b>	Closed
<b>29</b>	Closed	<b>30</b>	Chicken Tenders Corn Coleslaw Grapes ww Bread Milk	<b>31</b>	Closed				