

October 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	Grilled Chicken Sandwich Lettuce, Tomato, Cheese Banana ww Bun Milk <i>Salad</i>	2	Closed	3	Chicken Fried Steak w/Gravy Corn Mashed Potatoes Vanilla Wafer Pudding Milk <i>Salad</i>	4	Closed
7	Closed	8	Meatballs w/ Mushrooms Broccoli Noodles Fruit Cocktail Milk <i>Salad</i>	9	Closed	10	Pork Chop w/Gravy Green Beans ww Dinner Roll Jello w/Fruit Milk <i>Salad</i>	11	Closed
14	Closed	15	Southwest Chicken Carrots Black Beans Grapes Milk <i>Salad</i>	16	Closed	17	Spaghetti Mixed Veggies ww Breadstick Orange Chocolate Cake Milk <i>Salad</i>	18	Closed
21	Closed	22	Beef Stroganoff Brussel Sprouts Red Roasted Potatoes Mandarin Cup Milk <i>Salad</i>	23	Closed	24	BBQ Chicken Peas Rice Banana Bread Milk <i>Salad</i>	25	Closed
28	Closed	29	Creamy Burrito Casserole Corn Black Beans Apple Milk <i>Salad</i>	30	Closed	31	Scalloped Potatoes w/Ham Mixed Veggies ww Breadstick Peach Cobbler Milk <i>Salad</i>		

