

August 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 \$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>	
						1	Ravioli w/Marinara Mixed Veggies ww Breadstick ww Bread Chocolate Pudding Milk Salad	2	Closed
5	Closed	6	Tamale Pie Brussel Sprouts Refried Beans Orange Slices ww Bread Milk Salad	7	Closed	8	Salisbury Steak w/Gravy Peas & Carrots Mashed Potatoes ww Bread Pina Colada Fluff Milk Salad	9	Closed
12	Closed	13	Chili Relleno Green Beans Beans ww Bread Mandarin Cup Milk Salad	14	Closed	15	Chicken Chow Mein Carrots Rice Apple Cookie Milk Salad	16	Closed
19	Closed	20	Chicken Alfredo Broccoli ww Garlic Breadstick Mixed Fruit Cup Milk Salad	21	Closed	22	Sloppy Joe -ww Bun Corn Mashed Potatoes Jello w/Fruit Milk Salad	23	Closed
26	Closed	27	Chicken w/Gravy Corn Stuffing ww Bread Banana Milk Salad	28	Closed	29	Spaghetti Green Beans ww Breadstick Cherry Crisp Milk Salad	30	Closed