September 2024 MENU

Café 906

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

906 W. 4TH STREET
ALTURAS, CA 96101

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Labor Day	**3** **Meatloaf w/ Gravy** Carrots Mashed Potatoes w/ Gravy Pear Cup Milk *Salad*	**4** Closed	**5** **Chili** Green Beans Corn Bread Cinnamon Roll Cake Milk *Salad*	**6** Closed
9 Closed	**10** **Ham** Yams Corn Peaches Cup Milk *Salad*	**11** Closed	**12** **Hawaiian Ham Luau Rice** Mixed Veggies ww Breadstick Strawberry Fluff Milk *Salad*	**13** Closed
16 Closed	**17** **Green Chicken Enchiladas** Carrots Beans Applesauce Cup Milk *Salad*	**18** Closed	**19** **Chicken Tamales** Broccoli Beans Churros Milk *Salad*	**20** Closed
23 Closed	**24** **Lasagna** Mixed Veggies ww Breadstick Cutie Orange Milk *Salad*	**25** Closed	**26** **Creamy Baked Chicken** Corn Mashed Potatoes Cookie Milk *Salad*	**27** Closed
30 Closed				

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:
Butter: 1 serving
1% Milk: Daily