

# Community Table

## Regular Entrée

MAY-OCT, 2024

PH: 707-525-0143 X104  
Seniors 60 Yr. & Older

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY			MAY 5/1 Citrus Marinated Pork, Broccoli, Potato Medley, Watermelon	5/2 Chili Con Carne, Capri Vegetable Blend, Pasta, Pineapple	5/3 Italian Baked Chicken, Broccoli, Peas, & Mushrooms, Barley, Kiwi
	5/6 Turkey & Swiss Sandwich, Beet Salad, California Fruit Blend, Cookies	5/7 BBQ Pork, Cauliflower, Corn, Bulgar, Applesauce, Cookies	5/8 Salisbury Steak, Green Beans, Mashed Potatoes, Banana, Cookies	5/9 Chicken with Pesto, Italian Vegetable Blend, Rigatoni, Kiwi, Cookies	5/10 Chicken Peperonata, Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe, Cookies
	5/13 Chicken w/ Sun Dried Tomato Sandwich, Chickpea Salad, Applesauce	5/14 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	5/15 Baked Herb Chicken, Broccoli, Roasted Red Potatoes, Kiwi	5/16 Beefaroni, Capri Blend, Watermelon	5/17 Tandoori Chicken, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple
	5/20 Pesto Chicken Sandwich, Green Salad, Applesauce	5/21 Beef Pot Pie, Cauliflower, Potato Medley, Peach Cup	5/22 Turkey & Vegetable Chili, 5 Way Mixed Vegetables, Bulgar, Banana	5/23 Chicken Meatball Marinara, Peas & Carrots, Pasta, Pineapple	5/24 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	5/27 Our Office is Closed due to the Memorial Day Holiday	5/28 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	5/29 Chicken with Sun-Dried Tomatoes Florentine, Italian Vegetables, Orange, Barley	5/30 Cajun Chicken, Spinach, Corn, Lime Brown Rice, Kiwi	5/31 Fish Piccata, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew
JUNE	JUNE 6/3 Egg Salad Sandwich, White Bean Salad, Tropical Fruit Cup, Cookies	6/4 Pork with Mushrooms, Capri Blend, Bulgar, Banana, Cookies	6/5 Chicken Melitzana, Summer Squash, Pasta, Orange, Cookies	6/6 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple, Cookies	6/7 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend, Cookies
	6/10 Chicken Apple Sandwich, Carrot Apple Slaw, Applesauce	6/11 Balsamic Chicken, Zucchini, Peppers & Tomatoes, Couscous, Banana	6/12 Citrus Marinated Pork, Broccoli, Potato Medley, Watermelon	6/13 Chili Con Carne, Capri Vegetable Blend, Pasta	6/14 Italian Baked Chicken, Broccoli, Peas, & Mushrooms, Barley, Kiwi
	6/17 Turkey & Swiss Sandwich, Beet Salad, California Fruit Blend	6/18 BBQ Pork, Cauliflower, Corn, Bulgar, Applesauce	6/19 Our Office is Closed in Observance of the Juneteenth Holiday	6/20 Chicken with Pesto, Italian Vegetable Blend, Rigatoni, Kiwi	6/21 Chicken Peperonata, Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	6/24 Chicken w/ Sun Dried Tomato Sandwich, Chickpea Salad, Applesauce	6/25 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	6/26 Baked Herb Chicken, Broccoli, Roasted Red Potatoes, Kiwi	6/27 Beefaroni, Capri Vegetable Blend, Watermelon	6/28 Tandoori Chicken, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple
JULY	JULY 7/1 Pesto Chicken Sandwich, Green Salad, Applesauce	7/2 Beef Pot Pie, Cauliflower, Potato Medley, Peach Cup	7/3 Turkey & Vegetable Chili, 5 Way Mixed Vegetables, Bulgar, Banana	7/4 Our Office is Closed in Observance of the Fourth of July Holiday	7/5 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	7/8 BBQ Chicken Sandwich, Green Salad, Peach Cup, Cookies	7/9 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend, Cookies	7/10 Chicken with Sun Dried Tomato Florentine, Italian Vegetable Blend, Barley, Orange, Cookies	7/11 Cajun Chicken, Spinach, Corn, Lime Brown Rice, Kiwi, Cookies	7/12 Fish Piccata, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew, Cookies
	7/15 Egg Salad Sandwich, White Bean Salad, Tropical Fruit Cup	7/16 Pork with Mushrooms, Capri Blend, Bulgar, Banana	7/17 Chicken Melitzana, Summer Squash, Pasta, Orange	7/18 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple	7/19 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend
	7/22 Chicken Apple Sandwich, Carrot Apple Slaw, Applesauce	7/23 Balsamic Chicken, Zucchini, Peppers & Tomatoes, Couscous, Banana	7/24 Citrus Marinated Pork, Broccoli, Potato Medley, Watermelon	7/25 Chili Con Carne, Capri Vegetable Blend, Pasta, Pineapple	7/26 Italian Baked Chicken, Broccoli, Peas & Mushrooms, Barley, Kiwi
	7/29 Turkey & Swiss Sandwich, Beet Salad, California Fruit Blend	7/30 BBQ Pork, Cauliflower, Corn, Bulgar, Applesauce	7/31 Salisbury Steak, Green Beans, Mashed Potatoes, Banana		

All Meals are Low-Sodium, Low-Fat, No Added Sugar, and Served with Wheat Bread and 1% Milk.  
It costs \$9.00 to produce each meal. A \$4.00 contribution per meal is suggested, but any amount is appreciated.

*If you are not going to be coming to lunch, please call us one week  
in advance to cancel your reservation at 707-525-0143 x 104*

**Our offices will be closed on the following Dates: 5/27, 6/19, 7/4, 9/2**