



2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Chili Dog 5-Way Veggie Blend Apple Grape Juice	2 Pasta w/Meat Sauce Zucchini Garlic Roll Pineapple	3 Chicken Rice Pilaf California Blend Fruit Mix	4 Salisbury Steak w/Gravy Mashed Potatoes French Bread Broccoli Salad Pears	5 Tropical Chicken Green Beans Brown Rice Peaches	
7	8 Cheeseburger Broccoli Banana	9 Chili Mac Dinner Roll Coleslaw Mandarins	10 Chicken Pot Pie Peas & Carrots Applesauce	11 Meatloaf Mashed Potatoes w/Gravy Dinner Roll Apple	12 Sticky Chicken 5-Way Veggie Blend Brown Rice Grape Juice	13
	15 Chicken Nuggets Tater Tots Zucchini Pineapple Cookie	16 Tuna Casserole Garlic Roll Carrot Salad Fruit Mix	17 Beef Stew Green Beans French Bread Apple Juice	18 Baked Ham Baked Yams Brown Rice Applesauce	19 Crispy Lemon Chicken Capri Veggi Blend Brown Rice Pears	20
21	22 Cod Fish Sticks Sweet Potato Fries Coleslaw Peaches Cookie	23 Chicken Baked Mac California Blend Banana	24 Clam Chowder Broccoli Dinner Roll Grape Juice	25 Chili Cheese Potato 5-Way Veggi Blend Dinner Roll Apple	26 Greek Chicken Peas & Carrots Brown Rice Applesauce	27
	29 SITE CLOSED IN OBSERVANCE OF: MEMORIAL DAY	30 Cheeseburger Zucchini Fruit Mix	31 Chicken Corn Chowder French Bread Coleslaw Mandarins	1 Chicken Fried Steak w/Gravy Mashed Potatoes Dinner Roll Apple Juice	2 Honey Baked Chicken Capri Veggi Blend Brown Rice Pears	3

Senior Nutrition Meals

Served Monday - Friday
From 12:00 - 12:30 PM

Orland
19 Walker St.

Willows
556 E. Sycamore

Suggested Donation \$3.00 per meal -- Please make checks to GCOE Senior Nutrition Meals will be provided whether or not you donate. -- There is no obligation to donate.
Donations can be given directly to the delivery driver, or mailed to 19 Walker St, Orland, CA 95963
To cancel or pause service please call the Orland Senior Nutrition Site: (530) 865-1136
**All meals offer an 8oz. Low fat milk.
**Menu is subject to change due to product availability.