

MAY 2018 MENU

Senior Lunch at Corte Madera Community Center Thursdays at Noon



Age 60+: \$3.00 Suggested Donation	<i>No older adult turned away for lack of funds.</i>
MAY 3	
Eggplant Parmesan (vegetarian)	
Baguette (whole wheat) & Butter	
Garden Salad with Carrots, Tomato, Cucumbers & Creamy Italian Dressing+*	
Yogurt Fruit Parfait (Greek vanilla w/ berries; granola on side)	
MAY 10	
Tuna Salad Sandwich on Whole Wheat Sliced Sandwich Bread	
Farmers' Market Vegetable Soup+*	
Spinach Salad with Creamy Italian Dressing	
Seasonal Fresh Fruit	
MAY 17	
Turkey Chili	
Roasted Sweet Potatoes*	
Brown Rice	
Garden Salad with Carrots, Tomato, Cucumbers & Ranch Dressing+*	
Seasonal Fresh Fruit	
MAY 24	
Senior Fair – No Lunch Served Today	
MAY 31	
Hearty Vegetarian Chili (vegan)	
Brown Rice	
Garlic Bread	
Mixed Greens+ with Vinaigrette	
Seasonal Fresh Citrus+	

Organic Lunch Prepared by Good Earth Natural Foods. Menu is subject to change without notice.
All meals include 1% Lowfat milk. +denotes vitamin C-rich foods *denotes vitamin A-rich foods

The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funded in part by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging & Adult Services.