





# UPAC SENIOR NUTRITION PROGRAM – OCTOBER 2011

Sons and Daughters of Guam Club, 334 N Willie James Jones, SD, 92114

Serving Mondays, Wednesdays, and Fridays

Elder Multi Access Support Services (EMASS), N 200 Ash Street, Escondido, SD, 92027,

Serving Tuesdays and Fridays

MON.(GUAM)	WED(GUAM)	FRIDAY(GUAM)	TUES (EMASS)	FRIDAY(EMASS)
<u><b>GUAM CLUB 10/03</b></u> <b>Beef With Oyster Sauce</b> w/Young Corn & Watercress Chalakili Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Coffee, Juice	<u><b>GUAM CLUB 10/5</b></u> <b>Pork Spareribs Adobo</b> Potato Salad, Vegetable Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice, Coffee	<u><b>GUAM CLUB 10/7</b></u> <b>Baked Chicken</b> <b>w/Mushroom Gravy</b> Mixed Vegetables, Steamed Rice, Vegetable Soup, Tossed Salad, Milk Juice & Coffee	<u><b>EMASS 10/4</b></u> <b>Beef Burgundy</b> <b>Egg Noodle</b> <b>Spinach Salad</b> <b>Tuscany Vegetables</b> <b>Mandarin Oranges</b> <b>Milk</b>	<u><b>EMASS 10/7</b></u> <b>Chicken Cacciatore</b> Spaghetti Noodles Parshley Cauliflower Mixed Green Salad Peachy Raisin Crisp
<u><b>GUAM CLUB 10/10</b></u> <b>Meat Loaf with Gravy</b> Mashed Potato Minestrone Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice	<u><b>GUAM CLUB 10/12</b></u> <b>Broccoli Beef</b> Sotanghon Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice, Coffee	<u><b>GUAM CLUB 10/14</b></u> <b>Chicken Curry</b> Potato and Carrots, Beef Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice, Coffee	<u><b>EMASS 10/11</b></u> <b>Chicken Cordon Blue</b> Herbed Gravy, Rotini Noodles, Green Beans, Pickled Beets, Strawberry Shortcake, Milk	<u><b>EMASS 10/14</b></u> <b>Beef Chimichanga</b> <b>Spanish Rice</b> <b>Refried Beans</b> <b>Carrots Salad, Chips</b> Fresh Salsa, Milk
<u><b>GUAM CLUB 10/17</b></u> <b>Fried Tilapia Escabeche</b> Mustard leaves, snowpeas, Mongo Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice, Coffee	<u><b>GUAM CLUB 10/19</b></u> <b>Braised Pork Chop w/ Gravy</b> Green Beans, Sotanghon Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice, Coffee	<u><b>GUAM CLUB 10/21</b></u> <b>Honey Baked Ham</b> With Pineapple Ring, Mashed Potato, Minestrone Soup, Rolls, Tossed Salad, Fruits, Milk, Juice	<u><b>EMASS 10/18</b></u> <b>Braised Pork Chop with Gravy</b> Mashed Potato, California Vegetable, Roll, Roasted Apple, Milk	<u><b>EMASS 10/21</b></u> <b>Chicken Curry</b> <b>Potato and Carrots</b> <b>Tossed Salad, Steamed Rice, Fruit, Milk</b>
<u><b>GUAM CLUB 10/24</b></u> <b>Pepper Steak</b> Mixed Vegetables Steamed Rice, Chicken Noodle Soup, Tossed Salad, Fruit, Milk, Juice, Coffee	<u><b>GUAM CLUB 10/26</b></u> <b>Pastel Chicken</b> Mixed Vegetable, Noodle Soup, Steamed Rice, Tossed Salad, Fresh Fruit, Milk, Juice	<u><b>GUAM CLUB 10/28</b></u> <b>Baked Mahi Mahi</b> Mushroom & Carrots Steamed Rice, Mongo Soup, Tossed Salad, Fruit, Milk, Juice	<u><b>EMASS 10/25</b></u> <b>Chicken Teriyaki</b> Cucumber Salad, Steamed Rice, Tossed Salad, Fruit, Milk	<u><b>EMASS 10/28</b></u> <b>Pork Stew</b> Carrots, Green peas, & Bell Pepper, Steamed Rice, Asian Salad, Fruit, Milk
<u><b>GUAM CLUB 10/31</b></u> <b>Kadon Katne</b> Lettuce, Green Beans, Cabbage, Eggplant Steamed Rice, Tossed Salad, Fruits, Milk, Juice, Coffee				

Please call to reserve one day in advance or same day before 10:00 a.m. For Guam Club-Leo Castro at (619) 264-1226. EMASS Escondido site-Agnes at (760) 233-11984 or Teresa at (619)502-0929. Suggested Contribution: Age 60+: \$3.00to \$4.00; guests under 60: \$3.50 to 4.50. UPAC Senior Nutrition Program is funded by Older American Act Funds through the San Diego County Aging and Independence Services.

