



RESTAURANT PROGRAM



MEALS ON WHEELS  
SACRAMENTO COUNTY



Cafe  
Elk Grove

@DISTRICT56

menu  
subject  
to  
change

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## OCTOBER 2024 MENU

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### Standard Menu (available Mon-Fri, 8am to 2pm)

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Beef Picadillo served with wheat roll, cheese & juice

Chicken Adobo served with steamed veggies, brown rice, juice & Low-Fat Milk

Spaghetti & Meatballs, steamed veggies, Fruit Cup & Low-Fat Milk

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### Rotating Monthly Filipino Specials (while servings last)

#### September 30 - October 4

Grilled Porkchop served with brown rice, garlic green beans,  
an Apple & Low-Fat Milk

#### October 7 - October 11

Baked Chicken served with brown rice, garlic green beans,  
an Apple & Cheese

#### October 14 - October 18

Chicken Pesto Panini served with spring salad and an Orange

#### October 21 - October 25

Chicken Marsala served with pasta, spring salad, fruit juice & Low-Fat Milk

#### October 28 - November 1

Chicken Arroz Caldo & Egg, steamed veggies, fruit juice & Yogurt

**New Cafe Hours:**  
**8:00 am to 2:00 pm**

*All items on the Standard Menu are available everyday. Filipino meals will be changed every month and meal ordering will be subject to availability. Quantities are limited to (1) complete meal per participant.*