

Moorpark Active Adult Center

Lunch served from 11:45am-12:15pm

April 3 - April 7

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Chicken Green Bean & Mushroom	Beef Tacos	Chicken Enchiladas	Salmon	Tofu Steak
Dairy	Yogurt, 2% Milk	Yogurt, 2% Milk	Yogurt, 2% Milk	Yogurt, 2% Milk	Yogurt, 2% Milk
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Bread	9-Grain Bread	N/A	N/A	9-Grain Bread	9-Grain Bread

****Menu subject to change****

Please note you must sign up before 10:30am in order to receive lunch. Thank you!

Favor de apuntarse antes de las 10:30am si gusta comer lonche. ¡Gracias!

Please call (805) 517-6262 to sign-up for lunch.



Suggested donation for those 60 or better: \$3.00
Cost for those under 60: \$6.75

Janet Harter: Senior Nutrition Coordinator
 (805)517-6262