

Moorpark Active Adult Center

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

July 4 - July 8

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	CLOSED	Stuffed Cabbage	Pork Loin	Hamburger Patty & Gravy	Chicken Sandwich
Dairy		Yogurt, 2% Milk	Yogurt, 2% Milk	Yogurt, 2% Milk	Yogurt, 2% Milk
Fruit		Fruit	Fruit	Fruit	Fruit
Vegetable		Vegetable	Vegetable	Vegetable	Vegetable
Bread		9-Grain Bread	9-Grain Bread	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