

CAFE YOLO LOCATIONS		RESERVATION POLICY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEDNESDAYS, 11:00 A.M. - 12:00 P.M.:</b> <ul style="list-style-type: none"><li><b>Woodland Community and Senior Center</b>, <i>presented by the Francis Noz Heritage Fund</i><ul style="list-style-type: none"><li>2001 East Street, Woodland</li></ul></li><li><b>West Sacramento Community Center</b><ul style="list-style-type: none"><li>1075 W Capitol Ave, West Sacramento</li></ul></li></ul> <b>THURSDAYS, 11:30 A.M. - 12:30 P.M.:</b> <ul style="list-style-type: none"><li><b>Capay Valley Health and Community Center</b>, <i>presented by RISE, Inc.</i><ul style="list-style-type: none"><li>17340 Yolo Ave, Esparto</li></ul></li><li><b>Winters Community Center</b>, <i>presented by the Winters Senior Foundation</i><ul style="list-style-type: none"><li>201 Railroad Ave, Winters</li></ul></li></ul> <b>FRIDAYS, 11:00 A.M. - 12:00 P.M.:</b> <ul style="list-style-type: none"><li><b>Davis Senior Center</b><ul style="list-style-type: none"><li>646 A Street, Davis</li></ul></li></ul>	<ul style="list-style-type: none"><li><b>RESERVATIONS REQUIRED 24HRS IN ADVANCE</b> by contacting: <b>530-662-7035</b> or <b>welcome@mowyolo.org</b></li><li>If you have made a reservation but <b>can no longer attend</b>, please call or email to cancel.</li><li>Repeated <b>no-shows</b> resulting in <b>meal waste</b> may prompt a conversation about your continued enrollment in the program.</li></ul>	<b>Oct 1, 2025</b>	<b>Oct 2, 2025</b>	<b>Oct 3, 2025</b>	
		<ul style="list-style-type: none"><li>Beef Stuffed Peppers Casserole</li><li>Black Beans</li><li>4 way Vegetable Blend</li></ul>	<ul style="list-style-type: none"><li>Grilled Chicken Breast</li><li>Mashed Potatoes</li><li>Oven Roasted Vegetables</li></ul>	<ul style="list-style-type: none"><li>Herbed Chicken Breast</li><li>Mashed Potatoes</li><li>Baby Carrots</li></ul>	
		<b>Oct 8, 2025</b>	<b>Oct 9, 2025</b>	<b>Oct 10, 2025</b>	
		<ul style="list-style-type: none"><li>Catfish Filet w/ Lemon Herb Butter Sauce</li><li>Sweet Potatoes</li><li>Baked Beets</li></ul>	<ul style="list-style-type: none"><li>Baked Chicken Breast</li><li>Mashed Potatoes w/ Gravy</li><li>Baby Carrots w/ Oregano</li></ul>	<ul style="list-style-type: none"><li>Vegetable Lasagna</li><li>Cauliflower</li></ul>	
		<b>ELIGIBILITY</b>	<b>Oct 15, 2025</b>	<b>Oct 16, 2025</b>	<b>Oct 17, 2025</b>
	<b>60+ OR</b> be any age if you are a <b>spouse OR</b> adult with a <b>disability</b> who lives with an <b>eligible senior</b> .	<ul style="list-style-type: none"><li>Potato &amp; Cheddar Soup</li><li>Broccoli Florets</li></ul>	<ul style="list-style-type: none"><li>Ground Turkey Meatballs w/ Marinara Sauce</li><li>Polenta</li><li>Brussel Sprouts</li></ul>	<ul style="list-style-type: none"><li>Black Bean Enchilada Casserole</li><li>Baked Tomatoes</li></ul>	
<b>SODIUM LEVELS</b>	<b>TO-GO MEALS</b>	<b>Oct 22, 2025</b>	<b>Oct 23, 2025</b>	<b>Oct 24, 2025</b>	
Meals typically are 760 mg or less. Any meals exceeding 1,000 mg are labeled with a salt shaker icon. The Chronic Disease Risk Reduction level of sodium is 2,300 mg or less daily.	If you choose to take your meal home ( <i>not recommended</i> ), MOW Yolo cannot ensure food Safty <b>TO KEEP YOUR MEAL SAFE:</b> <ul style="list-style-type: none"><li><b>Take it directly home.</b> Avoid running errands.</li><li><b>Store it properly.</b> Place your meal in the fridge immediately if it won't be eaten right away.</li><li><b>Discard anything left out over 2 hours.</b> Reheat meals to at least 165°F using a microwave, oven, or stove.</li></ul>	<ul style="list-style-type: none"><li>Beef Johnny Marzetti</li><li>Baby Carrots</li></ul>	<ul style="list-style-type: none"><li>Chicken Breast</li><li>Whole Wheat Penne Pasta</li><li>4-Way Vegetable Blend</li></ul>	<ul style="list-style-type: none"><li>Beef Patty &amp; Hamburger Bun</li><li>Baked Sweet Potatoes</li><li>California Vegetable Blend</li></ul>	
<b>MENU SUBJECT TO CHANGE</b>		<b>Oct 29, 2025</b>	<b>Oct 30, 2025</b>	<b>Oct 31, 2025</b>	
Occasionally, menu items may vary due to food supply issues beyond our control. <b>For questions or concerns about the menu</b> , please contact <b>Nutrition &amp; Procurement Specialist</b> , Emma Taylor, at <a href="mailto:etaylor@mowyolo.org">etaylor@mowyolo.org</a>		<ul style="list-style-type: none"><li>Chicken Breast</li><li>Black Beans</li><li>Sauteed Peppers &amp; Onions</li><li>Whole Grain Tortilla</li></ul>	<ul style="list-style-type: none"><li>Chicken Curry</li><li>Mashed Potatoes</li><li>Broccoli Florets</li></ul>	<ul style="list-style-type: none"><li>Vegetarian Tamale Casserole</li><li>Chuckwagon Corn</li></ul>	