



August 2026

Cafe Yolo Social Dining

For menu notes, scan QR code or visit: mowyolo.org/menu-notes/



AGENCY
ON AGING
AREA 4

DAYS, TIMES, AND LOCATIONS

Wednesday: 11:00 A.M. - 12:00 P.M.

Woodland Community and Senior Center,
presented by the Francis Noz Heritage Fund

- 2001 East Street, Woodland

West Sacramento Community Center
• 1075 W Capitol Ave, West Sacramento

Thursday: See times below

Capay Valley Health and Community Center,
presented by RISE, Inc.

- 17340 Yolo Ave, Esparto
- 11:00 A.M. - 12:00 P.M.

Winters Community Center, presented by the
Winters Senior Foundation

- 201 Railroad Ave, Winters
- 11:30 A.M. - 12:30 P.M.

Friday: 11:00 A.M. - 12:00 P.M.

Davis Senior Center

- 646 A Street, Davis

WEDNESDAY	THURSDAY	FRIDAY
August 5	August 6	August 7
Caesar Salad Baked Pangasius Sweet Potatoes Baked Cabbage Calico	Caesar Salad Chicken Curry Brown Rice Carrots & Cauliflower	Beef Taco Salad
August 12	August 13	August 14
Tossed Salad Chicken Fajitas Cilantro Lime Brown Rice Roasted Cauliflower	Caesar Salad Beef Stroganoff Buttered Penne Pasta Carrot Coins	Caesar Salad Sweet & Sour Chicken Brown Rice Cauliflower
August 19	August 20	August 21
Chicken Caesar Salad	Tossed Salad Baked Pangasius Mashed Sweet Potatoes Broccoli Florets	Chicken Cobb Salad
August 26	August 27	August 28
Caesar Salad Lasagna with Meatsauce Herbed Carrots	Beef Taco Salad	Caesar Salad Baked Fish Mashed Sweet Potatoes Sauteed Garlic Spinach

Reservations and Cancellations are required 24 hours in advance at 530-662-7035 or welcome@mowyolo.org.

Menu subject to change.



Agosto de 2026

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DÍAS, HORARIOS Y LUGARES

Miércoles: 11:00 a. m. - 12:00 p. m.

**Woodland Community and Senior Center,
presented by the Francis Noz Heritage Fund**

- 2001 East Street, Woodland

West Sacramento Community Center

- 1075 W Capitol Ave, West Sacramento

Jueves: Ver horarios a continuación

**Capay Valley Health and Community Center,
presented by RISE, Inc.**

- 17340 Yolo Ave, Esparto
- 11:00 A.M. - 12:00 P.M.

**Winters Community Center, presented by the
Winters Senior Foundation**

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- 11:30 A.M. - 12:30 P.M.

Viernes: 11:00 a. m. - 12:00 p. m.

Davis Senior Center

- 646 A Street, Davis

MIÉRCOLES	JUEVES	VIERNES
5 de agosto	6 de agosto	7 de agosto
Ensalada César, Pangasius al horno, Batatas dulces, Col al horno, Calico	Ensalada César, pollo al curry, arroz integral, zanahorias y coliflor.	Ensalada de tacos de carne
12 de agosto	13 de agosto	14 de agosto
Ensalada mixta, fajitas de pollo, arroz integral con cilantro y lima, coliflor asada	Ensalada César, estofado de ternera, pasta penne con mantequilla, rodajas de zanahoria	Ensalada César, pollo agri dulce, arroz integral, coliflor
19 de agosto	20 de agosto	21 de agosto
Ensalada César de pollo	Ensalada mixta, pangasius al horno, puré de batatas, floretes de brócoli	Ensalada Cobb de pollo
26 de agosto	27 de agosto	28 de agosto
Lasaña César con salsa de carne y zanahorias con hierbas	Ensalada de tacos de carne	Ensalada César, pescado al horno, puré de batatas, espinacas salteadas con ajo.

Las reservas y cancelaciones deben realizarse con 24 horas de antelación llamando al 530-662-7035 o escribiendo a welcome@mowyolo.org.

El menú está sujeto a cambios.