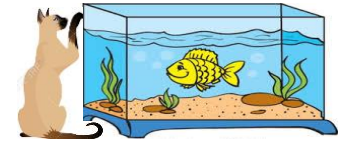



































# JUNE 2020 Lunch Menu

 膳食中钠含量超过1000毫克



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Honey Mustard Chicken Brown Rice  蜂蜜芥末鸡 糙米	<b>2</b> Picadillo Beef Mexican Brown Rice  皮卡迪洛牛肉 墨西哥糙米	<b>3</b> Chef Salad Saltine Crackers  主厨沙拉 咸饼干	<b>4</b> Sausage, Onions, Peppers Pinto Beans  香肠·洋葱·辣椒 斑豆	<b>5</b> Meatloaf w/ Gravy Whipped Potatoes  肉饼配肉汁 搅打土豆	<b>6</b> Tuna Casserole Lima Beans  金枪鱼砂锅 利马豆	<b>7</b> Italian Beef w/ Pasta Herbed Peas  意大利牛肉配意大利面 豌豆
<b>8</b> BBQ Pork Rib Patty Whipped Potatoes  烧烤排骨肉饼 搅打土豆	<b>9</b> Baked Chicken Lima Beans  焗鸡 利马豆	<b>10</b> Turkey Ham Green Pea Salad  火鸡火腿 绿豌豆沙拉	<b>11</b> Potato Crusted Fish Twice Whipped Potatoes  与铃薯脆鱼 两次搅打过的土豆	<b>12</b> BBQ Chicken Brown Rice Florentine  烧烤鸡 糙米佛罗伦萨	<b>13</b> Meatballs & Pasta Herbed Green Beans  肉丸和面食 香草绿豆	<b>14</b> Turkey Ham & Beans Brown Rice  土鸡火腿和豆 糙米
<b>15</b> Breaded Chicken Patty Crispy Cubed Potatoes  麵包屑的雞肉餡餅 脆皮土豆	<b>16</b> Beef, Gravy, Pepper Country Potatoes  牛肉, 肉汁, 胡椒 國家土豆	<b>17</b> Corn Chowder Tuna Salad  玉米海鮮湯 金槍魚沙拉	<b>18</b> Beef Spaghetti Side Salad  牛肉意大利面 配菜沙拉	<b>19</b> Pork Chili Verde Buttered Rice  猪肉辣椒佛得角 糯米饭	<b>20 Summer Begins</b> Swiss Steak Garlic Whipped Potatoes  瑞士牛排 蒜蓉土豆	<b>21 Father's Day</b> Roast Beef w/ Gravy Whipped Potatoes  肉汁烤牛肉 搅打土豆
<b>22</b> Creole Steak Chunky Potatoes  克里奥尔牛排 矮胖土豆	<b>23</b> BBQ Chicken Whipped Potatoes  烧烤鸡 搅打土豆	<b>24</b> Beef Taco Salad Whole Wheat Tortilla  塔克牛肉沙拉 全麦玉米饼	<b>25</b> Dijon Pork Patty Roasted Potato Medley  第戎猪肉肉饼 烤土豆混合泳	<b>26</b> Spinach Bake Green Beans  菠菜烤 绿豆	<b>27</b> Beef Stew Brown Rice  炖牛肉 糙米	<b>28</b> Sliced Turkey Breast Lima Beans  切成薄片的火鸡胸脯 利马豆
<b>29</b> Grilled Pork, Mushrooms Delmonico Potatoes  烤猪肉, 蘑菇 德尔蒙尼科土豆	<b>30</b> Baked Chicken Cilantro Lime Brown Rice  焗鸡 香菜石灰糙米					

“该项目得到圣地亚哥县健康与人类服务局·老龄与独立服务局的《老年美国人法案》基金的支持。”

建议的捐赠是每餐\$ 3.50

菜单可能会改变

任何符合资格的人均不得因无法或无力捐赠而被拒绝用餐。

