




# October 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> Pork Stir Fry Brown Rice Mixed Vegetables Tropical Fruit Fortune Cookie 	<b>2</b> Salisbury Steak w/ Mushroom Gravy Whipped Potatoes Herbed Green Beans Whole Wheat Bread Banana, Dessert	<b>3</b> Cheese Omelet Black Beans Whole Kernel Corn Whole Wheat Bread Fresh Orange 	<b>4</b> Grilled Pork Patty w/ Mornay Sauce Whole Grain Pasta Green Peas w/ Red Peppers Fresh Apple
<b>5</b> Tzatziki Chicken Brown Rice Green Beans Pineapple Tidbits 	<b>6</b> Meatloaf w/ Brown Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Apple	<b>7</b> Oriental Chicken Salad Whole Grain Crackers Fresh Fruit 	<b>8</b> Sausage w/ Onions & Peppers Pinto Beans Mixed Vegetables W.W. Hot Dog Bun Fresh Fruit 	<b>9</b> Potato Crusted Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Chef's Dessert	<b>10</b> BBQ Pork Riblet Whole Kernel Corn German Coleslaw W.W. Hamburger Bun Hot Sliced Peaches 	<b>11</b> Parmesan Chicken Whole Grain Pasta Garlic Spinach Whole Wheat Bread Fresh Orange
<b>12 Columbus Day</b> Creole Pork Fiesta Vegetables Whole Wheat Roll Hot Tropical Fruit 	<b>13</b> Beef Chow Mein Brown Rice Oriental Vegetables Ginger Carrots Fresh Banana Fortune Cookie	<b>14</b> Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber Tomato Salad Whole Wheat Bread Fluffy Fruit Salad	<b>15</b> Chicken Souvlaki Whole Grain Pasta Capri Vegetables Fresh Orange 	<b>16</b> Sloppy Joe Whole Kernel Corn Green Beans W.W. Hamburger Bun Applesauce Chef's Dessert	<b>17</b> Pineapple Glazed Ham Whipped Potatoes Winter Vegetables Whole Wheat Bread Pineapple Tidbits 	<b>18</b> Swiss Steak Green Peas w/ Mushrooms Glazed Carrots Fresh Orange 
<b>19</b> Cheese Enchiladas Black Beans Mexican Corn Tropical Fruit 	<b>20</b> Turkey Breast w/ Gravy Whipped Potatoes Herbed Green Beans Whole Wheat Bread Fresh Banana	<b>21</b> Beef Taco Salad Whole Grain Tortilla Fresh Orange Taco Sauce 	<b>22</b> Breaded Fish Cilantro Lime Brown Rice California Veggies Mixed Fruit Tartar Sauce 	<b>23</b> Buffalo Chicken Lettuce & Tomato Crispy Cubed Potatoes Sliced Carrots Hamburger Bun Orange, Cookie 	<b>24</b> Turkey Brunswick Stew Broccoli Whole Grain Crackers Hot Peaches 	<b>25</b> Hamburger Patty Country Vegetables Hamburger Bun Hot Pineapple Tidbits 
<b>26</b> Sliced Ham Cranberry Sauce Whipped Potatoes Corn & Lima Beans Multi-Grain Bread Fresh Apple	<b>27</b> Lemon Chicken Brown Rice Spinach Mixed Fruit 	<b>28</b> Chef Salad Whole Wheat Roll Mandarin Oranges Ranch Dressing 	<b>29</b> Apple Glazed Pork Loin Roasted Sweet Potatoes Broccoli & Red Peppers Whole Wheat Bread Fresh Banana	<b>30</b> Sausage w/ Onions & Peppers Baked Beans Sliced Carrots Hot Dog Bun Orange, Cookie 	<b>31 Halloween</b> Chicken Sausage- Jambalaya Fiesta Corn Cornbread Hot Sliced Peaches 	

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$2.00 per meal  
MENU SUBJECT TO CHANGE

 No eligible person shall be denied a meal because of failure or inability to contribute. 