











JANUARY 2021 Lunch Menu

"I have a dream!"



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Happy New Year		 NEW MOMENTS <small>NEW ADVENTURES</small> NEW LESSONS NEW MEMORIES <small>NEW CHALLENGES</small> NEW OPPORTUNITIES		1 New Year's Day Potato Crusted Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Chef's Dessert	2 BBQ Rib Patty German Coleslaw Whole Kernel Corn W.W. Hamburger Bun Hot Sliced Peaches	3 Parmesan Chicken Whole Grain Pasta Sauteed Garlic Spinach Whole Wheat Bread Fresh Orange 
4 Baked Chicken Whipped Potatoes Mixed Veggies Wheat Bread Fresh Fruit 	5 Sausage w/ Onions & Peppers Shredded Cheese Kidney Beans Hot Dog Bun Hot Tropical Fruit	6 Pork Patty Gravy Potato Cubes Mixed Vegetables Wheat Bread Fresh Fruit	7 Sloppy Joe Oven Roasted Potatoes Broccoli Hamburger Bun Pineapple 	8 Potato Crusted Fish Brown Rice Succotash Sliced Carrots Fresh Orange Oatmeal Crème Cookie Tartar Sauce	9 Salisbury Steak w/ Brown Gravy Whipped Potatoes Green Beans Whole Wheat Bread Cinnamon Applesauce	10 Honey Baked Chicken Yams Green Peas Whole Wheat Bread Fresh Fruit 
11 Beef Stroganoff Sliced Carrots Green Beans Whole Wheat Bread Fresh Fruit 	12 BBQ Chicken Baked Beans Broccoli Hamburger Bun Fresh Fruit 	13 Garden Turkey Salad Whole Grain Crackers Fresh Fruit Ranch Salad Dressing 	14 Hamburger Patty Lettuce, Tomato Onion, Pickle Oven Roasted Potatoes Hamburger Bun Hot Pineapple Tidbits	15 Bean Chili Whipped Potatoes Fiesta Vegetables Whole Wheat Bread Fresh Fruit Chef's Dessert 	16 Grilled Pork w/ Mushrooms Lemon Orzo Parmesan Tomatoes Whole Wheat Bread Fresh Fruit	17 Chicken Caprese Italian Vegetable Blend Whole Wheat Bread Hot Diced Apples 
18 Martin Luther King Jr. Smothered Chicken Dirty Brown Rice Collard Greens Cornbread Muffin Hot Applesauce 	19 Pork Carnitas Fiesta Corn Green Beans Corn Tortilla Fresh Banana 	20 Cream of Tomato Soup Tuna Salad Lettuce, Tomato Three Bean Salad Whole Wheat Bread Tropical Fruit	21 Spinach Cream Chicken Green Peas Whole Wheat Bread Hot Pineapple Tidbits 	22 Breaded Fish w/ Dill Sauce Brown Rice Corn & Lima Beans Fresh Banana Chocolate Chip Cookies	23 Sausage w/ Onions & Peppers Black Beans German Coleslaw W.W. Hot Dog Bun Mixed Fruit	24 Hungarian Grilled Pork Garden Medley Rice Stewed Tomatoes Fresh Fruit 
25 Beef Italiano Whole Kernel Corn Green Beans Whole Wheat Bread Fresh Fruit	26 Sliced Turkey Breast Cranberry Sauce Roasted Sweet Potatoes Lima Beans Whole Wheat Bread Fresh Fruit	27 Beef Taco Salad Whole Grain Chips Fluffy Fruit Salad Taco Sauce 	28 Curry Chicken Brown Rice Peas & Carrots Fresh Fruit 	29 Cheese Enchiladas Pinto Beans Whole Wheat Bread Hot Applesauce Honey Graham Crackers	30 Swedish Meatballs Whole Grain Pasta Broccoli Fresh Banana 	31 Creole Steak Chunky Potatoes Mixed Vegetables Whole Wheat Bread Fresh Fruit

"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 \$1.00 per meal
MENU SUBJECT TO CHANGE



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

