




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Cream of Broccoli Soup Turkey & Provolone Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Mustard	2 Baked Chicken Breast Lemon Scarpariello Sauce Whole Grain Rotini Lima Beans California Vegetable Blend Fresh Apple	3 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Ketchup & Mustard	4 Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits	5 Whole Grain Shrimp Jambalaya Corn Casserole Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
6 Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	7 Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	8 Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Mandarin Oranges Balsamic Vinaigrette	9 Roasted Turkey Breast Poultry Gravy Lentil Vegetable Pilaf Broccoli Florets Whole Wheat Roll Fresh Orange Margarine	10 Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Multi-Grain Bread Diced Pears Nuttty Buddy Bar Margarine	11 Chicken Thigh Meat Romesco Sauce Whole Grain Penne Pasta Sliced Carrots Cucumber Tomato Salad Mixed Fruit	12 Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pineapple Tidbits
13 Chicken Breast Meat Apricot Mustard Sauce Brown Rice California Vegetable Blend Diced Peaches	14 Vegetable Lasagna Bake Cauliflower Italian Vegetable Blend Multi-Grain Bread Diced Pears Margarine	15 Lentil Soup Turkey & Swiss Lettuce & Tomato Broccoli Raisin Salad Multi-Grain Bread Pineapple Tidbits Mustard	16 Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit	17 Pork with Balsamic Onion Jam Green Peas Glazed Carrots Whole Wheat Roll Diced Pears Carnival Cookie Margarine	18 Beer Battered Cod Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Fresh Orange Taco Sauce	19 Swiss Steak Brown Rice Corn with Bell Peppers Green Beans Amandine Diced Peaches
20 Chicken Breast Meat Mediterranean Sauce Whole Grain Rotini Pasta Green Beans Mixed Fruit	21 Pork Chile Verde Pinto Beans Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce	22 Chef Salad* <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Whole Grain Corn Muffin Tropical Fruit Ranch Dressing & Margarine	23 Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Coleslaw Strawberry Applesauce Tartar Sauce & Lemon Juice	24 Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Cauliflower Fresh Orange Oatmeal Raisin Cookie	25 Meatloaf Brown Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit	26 BBQ Pork Rib Patty  BBQ Sauce Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Applesauce
27 Diced Pork Dijonnaise Sauce Brown Rice Green Peas Sliced Carrots Diced Pears	28 Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Honey Lime Corn Salad Mixed Fruit	29 Garden Vegetable Soup Tuna Salad Cucumber Salad Carrot Raisin Salad Whole Grain Hamburger Bun Pineapple Tidbits	30 Vegetarian Meat Sauce Whole Grain Spaghetti Broccoli Florets Cauliflower Raisins	31 ~ Halloween ~ All Beef Hot Dog  Baked Beans Coleslaw Whole Grain Hot Dog Bun Mixed Fruit Crisp Mustard		

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

Menu Subject to Change

This project is supported by Older American's Act funds by the county of
San Diego Health & Human Services Agency, Aging & Independence Services.
Suggested contribution is \$2.50 per meal.

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