
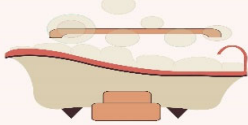






















JANUARY 2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Meatloaf Brown Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Mixed Fruit			 NATIONAL BATH SAFETY MONTH		1 New Year's Day! Chicken Stir Fry Brown Rice Mixed Vegetables Pineapple Tidbits Fortune Cookie 	2 Sausage w/ Onion & Peppers Black Beans Broccoli Whole Wheat Hot Dog Bun Applesauce 
3 Chicken and Biscuit Whipped Potatoes California Veggie Blend Fresh Apple 	4 Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Capri Vegetables Fresh Orange	5 Tomato Basil Soup Chicken Salad German Coleslaw Wheat Bread Mixed Fruit 	6 Swedish Turkey Meatballs Whole Grain Rotini Pasta Peas/Red Peppers Fresh Banana 	7 Breaded Pollock Brown Rice Succotash Glazed Carrots Applesauce Dessert Tartar Sauce	8 Sloppy Joe Corn Casserole Hot Spiced Apples Whole Wh. Hamburger Bun 	9 Honey Baked Chicken Cut Yams Multi-Grain Bread Hot Spiced Pears 
10 Beef Italiano Whipped Potatoes Broccoli Whole Wheat Bread Diced Peaches	11 Curry Chicken Brown Rice Capri Vegetables Whole Wheat Bread Fresh Orange	12 Aztec Bean Salad Whole Wheat Roll Fluffy Fruit Salad Ranch Dressing 	13 Turkey Breast/Gravy Whipped Potatoes Green Beans Whole Wheat Roll Mandarin Oranges 	14 Chicken a la King Whole Grain Penne Pasta Sliced Carrots Mixed Fruit	15 Turkey/Saus. Tortilla Soup Whole Grain Tortilla Chips Fiesta Slaw Tropical Fruit 	16 Creole Beef Dirty Brown Rice Country Veggie Blend Fresh Orange 
17 MLK Jr. Birthday BBQ Chicken Dirty Brown Rice Collard Greens Cornbread Muffin Applesauce 	18 Turkey Divan Brown Rice Glazed Carrots Pineapple Tidbits 	19 Tuna Salad Three Bean and Tomato Salad Whole Wheat Tortilla Tropical Fruit 	20 Szechuan Pork Brown Rice Asian Veggie Blend Mandarin Oranges 	21 WG Chicken Spaghetti Broccoli Fresh Apple Chocolate Chip Cookie	22 Salisbury Steak Brown Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Banana	23 Pork Roast Apricot Mustard Sauce Brown Rice Spinach Mixed Fruit
24 Caprese Chicken Italian Vegetables Tropical Fruit Whole Grain Rotini Pasta 	25 Breaded Pollock Dill Sauce Herbed Green Beans Fresh Orange Brown Rice Pilaf 	26 Garden Turkey Salad Whole Grain Roll Mixed Fruit Ranch Dressing	27 Beef Stew Roasted Baby Bakers Whole Grain Roll Rosy Applesauce	28 Garlic Rosemary Chicken Whole Grain Rotini Pasta Edamame Mandarin Oranges 	29 Pork Roast Mushroom Gravy Brown Rice Mixed Vegetables Fresh Apple Whole Wheat Bread	30 BBQ Chicken Broccoli Whole Grain Hamburger Bun Fresh Pear Roast Potato Medley

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."
Suggested Contribution is \$1.00 per meal - No eligible person shall be denied a meal because of failure or inability to contribute.

PLEASE NOTE: THESE MEALS MAY CONTAIN THE FOLLOWING ALLERGENS
Peanuts • Tree nuts • Seafood • Shellfish • Soy • Eggs • Milk • Wheat
"All meals contain 8 oz milk"



Menu Subject To Change