




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> Lentil Soup <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad w/Lemon Dijon Vinaigrette Mixed Fruit	<b>2</b> Meatballs & Spaghetti Sauce Whole Grain Spaghetti Capri Vegetable Blend Whole Wheat Roll Fresh Orange	<b>3</b> Shrimp Etouffee Brown Rice Black-eyed Peas Whole Kernel Corn Diced Pears Chocolate Chip Cookie	<b>4</b> Apple Cranberry Pork Lentil Vegetable Pilaf Green Beans Whole Wheat Roll Applesauce	<b>5</b> General Tso's Chicken Brown Rice Sliced Carrots Broccoli Florets Pineapple Tidbits
<b>6</b> Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Mandarin Oranges	<b>7</b> Pork w/Ginger Scallion Sauce Mixed Vegetables Whole Wheat Roll Tropical Fruit	<b>8</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	<b>9</b> Apple Cranberry Chicken Whole Wheat Couscous Brussels Sprouts Applesauce	<b>10</b> Breaded Pollock White Beans Whole Grain Hamburger Bun Mixed Fruit Carnival Cookie	<b>11</b> Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	<b>12</b> Pork Parmesan Whole Grain Spaghetti White Beans with Arugula Green Peas Pineapple Tidbits
<b>13</b> BBQ Chicken Breast Whole Grain Macaroni & Cheese Collard Greens Applesauce	<b>14</b> Turkey Divan Brown Rice Glazed Carrots Mixed Fruit	<b>15</b> Garden Vegetable Soup Lemon Pepper Tuna Salad Cucumber Tomato Salad Whole Grain Hamburger Bun Fresh Orange	<b>16</b> Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Fiesta Vegetable Blend Raisins	<b>17</b> Meatballs & Spaghetti Sauce Whole Grain Spaghetti Green Beans Multi-Grain Bread Pineapple Tidbits Double Chocolate Chip Cookie	<b>18</b> Roasted Turkey Breast w/Gravy Green Peas Sliced Carrots Whole Wheat Roll Fresh Orange	<b>19</b> Hungarian Pork Brown Rice Mixed Vegetables Diced Pears
<b>20</b> Vegetarian Bolognese Whole Grain Penne Pasta Brussels Sprouts Whole Wheat Roll Applesauce	<b>21</b> Tilapia with Crumb Topping Brown Rice Florentine California Vegetable Blend Multi-Grain Bread Raisins	<b>22</b> <b>Turkey Club Salad*</b> <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Mandarin Oranges Blue Cheese Salad Dressing	<b>23</b> Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Tropical Fruit	<b>24</b> WG Turkey Tetrizzini Green Peas Sliced Carrots Mixed Fruit Butter Sugar Cookie	<b>25</b> Pork with Onion Gravy Brown Rice Pilaf Mixed Vegetables Diced Pears	<b>26</b> Chicken Alfredo Whole Grain Penne Pasta Broccoli Florets Cauliflower Raisins
<b>27</b> Potato Crusted Pollock Brown Rice Green Beans Whole Wheat Roll Diced Peaches Tartar Sauce	<b>28</b> BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Collard Greens Multi-Grain Bread Mixed Fruit	<b>29</b> Minestrone Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad Whole Grain Hamburger Bun Applesauce	<b>30</b> Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Raisins			

**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.