



2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Baked Chicken Onion Gravy Garlic Whipped Potatoes Peas & Carrots, Fresh Apple Whole Wheat Bread Margarine	2 Potato Crusted Fish Whole Kernel Corn Broccoli, Fresh Pear Whole Wheat Roll Dessert Margarine, Tartar Sauce	3 Szechuan Pork Brown Rice Green Beans Tropical Fruit	4 Beef Italiano Whole Grain Penne Pasta Mixed Veggies Pineapple Tidbits
5 Labor Day! BBQ Pork Rib Patty Baked Beans Coleslaw WW Hamburger Bun Peach Crisp 	6 Chicken Fried Brown Rice Mixed Veggies Tropical Fruit 	7 Minestrone Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread Pineapple Tidbits 	8 Chicken Cacciatore Whole Grain Penne Pasta CA Veggie Blend Fresh Orange 	9 Sweet & Sour Meatballs Corn O'Brien Lima Beans Whole Wheat Roll Peaches Dessert Margarine	10 Pork Roast Jezebel Apple Salsa Brown Rice Peas and Red Peppers Fresh Banana 	11 Salisbury Steak Brown Gravy Whipped Potatoes Capri Vegetable Blend Whole Wheat Bread Fruit Cocktail Margarine
12 Swedish Meatballs Whole Grain Penne Pasta Broccoli Fresh Apple 	13 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Mixed Fruit Crisp 	14 Beef Taco Salad Whole Wheat Tortilla Pineapple Tidbits Taco Sauce 	15 Jamaican Chicken Coconut Brown Rice Plantains Tropical Fruit 	16 Turkey Breast w/ Gravy Cubed Sweet Potatoes Whole Wheat Roll Fresh Banana Dessert Margarine 	17 Beef Chili with Beans Brown Rice Chuckwagon Corn Fresh Orange 	18 Creamy Paprika Chicken Whole Grain Spaghetti Green Beans Tropical Fruit
19 WG Tuna Noodle Casserole French Green Beans w/ Peppers Pear Crisp 	20 Cranberry Dijon Chicken Lima Beans Capri Veggie Blend Whole Wheat Bread Fresh Orange Margarine	21 Corn Chowder Turkey & Swiss Lettuce & Tomato Carrot Raisin Salad Whole Wheat Tortilla Pineapple Tidbits	22 Baked Meatballs Brown Gravy Roasted Potato Medley Green Peas Whole Wheat Roll Fresh Banana, Margarine	23 WG Turkey Tetrizzini Stewed Tomatoes Pears Dessert 	24 Honey Balsamic Chicken Confetti Brown Rice Spinach Applesauce 	25 Hamburger Patty Lettuce & Tomato Whole Kernel Corn WW Hamburger Bun Tropical Fruit Mayonnaise, Mustard
26 WG Popcorn Chicken WG Macaroni & Cheese Mixed Veggies Fresh Orange BBQ Sauce 	27 Turkey Breast w/ Gravy Mashed Spiced Yams Green Peas Whole Wheat Roll Mixed Fruit Margarine 	28 Garden Veggie Soup Chicken Salad German Coleslaw Whole Wheat Bread Fresh Banana 	29 Pork Stir Fry Cilantro Lime Brown Rice Mediterranean Veggie Blend Pineapple Tidbits 	30 Potato Crusted Fish Lima Beans, Glazed Carrots Whole Wheat Bread Tropical Fruit Chocolate Chip Cookie Margarine, Tartar Sauce 		

"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

