




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Shrimp Jambalaya Corn Casserole Diced Pears Nutty Buddy Bar	2 Chicken Leg Quarter Honey Lime Sauce Sliced Carrots Whole Wheat Bread Mixed Fruit Margarine	3 Sweet & Sour Meatballs Brown Rice Mixed Vegetables Diced Peaches
4 Vegetarian Lasagna Bake Broccoli Florets Multigrain Bread Raisins	5 Apricot Mustard Chicken Brown Rice Florentine California Vegetable Blend Whole Wheat Bread Diced Peaches	6 Lentil Soup Turkey & Swiss Lettuce & Tomato Cucumber Tomato Salad Multi-Grain Bread (2) Fresh Apple Mustard	7 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Mixed Fruit	8 Hungarian Pork Glazed Carrots Whole Wheat Roll Diced Pears Fig Bar Cookie Margarine	9 Swiss Steak Confetti Brown Rice Green Beans Diced Peaches	10 Beer Battered Cod  Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Fresh Orange Taco Sauce
11 Chicken Leg Quarter Mediterranean Sauce Whole Grain Rotini Green Beans Mixed Fruit	12 Pork Carnitas Cilantro Lime Brown Rice Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce	13 Chef Salad* <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Romaine Lettuce, and Carrots</i> Whole Wheat Roll Diced Peaches Ranch Salad Dressing Margarine	14 Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Strawberry Applesauce Tartar Sauce Lemon Juice	15 Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Fresh Orange Oatmeal Raisin Cookie	16 Meatloaf with Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit Margarine	17 BBQ Pork Rib Patty  Baked Beans WW Hamburger Bun Applesauce
18 Pork Chile Verde Brown Rice Pinto Beans w/Red Peppers Diced Pears	19 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Fresh Orange	20 Garden Vegetable Soup Tuna Salad Cucumber Salad WW Hamburger Bun Pineapple Tidbits	21 Chickpea Tikka Masala Coconut Brown Rice Broccoli Florets Diced Peaches	22 Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun WG Mixed Fruit Crisp Ketchup, Mayo, Mustard	23 Chicken Alfredo Whole Grain Penne Pasta Brussels Sprouts Raisins	24 Salisbury Steak & Gravy Brown Rice Florentine Glazed Carrots Mixed Fruit
25 Zesty Orange Chicken Whole Grain Noodles Green Beans Diced Pears	26 Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Diced Peaches Margarine	27 ~Thanksgiving Holiday Meal~ Turkey Breast with Gravy Cornbread Dressing Green Beans Almandine Whole Wheat Roll Mandarin Oranges Pumpkin Pie Margarine	28 Chicken with Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Mixed Fruit	29 Salmon Patty Dill Sauce WG Florentine Penne Glazed Carrots Diced Pears Chocolate Chip Cookie	30 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Fresh Orange	

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

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

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.