



SERVING
SENIORS

LUNCH Menu June 2025

Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Salisbury Steak with Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Mandarin Oranges Margarine						1 Hungarian Pork Brown Rice Mixed Vegetables Mixed Fruit
2 Vegetarian Bolognese Whole Grain Penne Pasta Country Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	3 Tilapia w/Crumb Topping Brown Rice Florentine California Vegetable Blend Raisins Lemon Juice Packet	4 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Mandarin Oranges Blue Cheese Salad Dressing Margarine	5 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Tropical Fruit Ketchup & Mustard	6 WG Turkey Tetrazzini Peas and Carrots WG Mixed Fruit Crisp	7 Pork with Onion Gravy Brown Rice Pilaf Mixed Vegetables Diced Pears	8 Baked Chicken Leg Quarter with Creamy Paprika Sauce Whole Grain Penne Pasta Brussels Sprouts Fresh Apple
9 Potato Crusted Pollock Brown Rice Garden Vegetable Blend Fresh Orange Tartar Sauce Lemon Juice Packet	10 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Mixed Fruit</i> Taco Sauce	11 White Bean Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad WW Hamburger Bun Fresh Apple Mustard	12 Meatloaf with Gravy  Whipped Potatoes Glazed Carrots Whole Wheat Roll Raisins Margarine	13 Swiss Steak Brown Rice Peas and Carrots Diced Pears	14 Vegetarian Fried Rice* <i>*Brown Rice in Entrée</i> Green Beans Tropical Fruit	15 Pork with Mornay Sauce WG Pasta Primavera Mixed Vegetables Pineapple Tidbits
16 ~Father's Day Holiday Meal~ BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears Oatmeal Raisin Cookie	17 Baked Chicken Leg Quarter Bruschetta Sauce Whole Grain Rotini Pasta Collard Greens Fresh Apple	18  Minestrone Soup WG Krab Mac Salad Black-eyed Pea Salad Fresh Orange	19 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples	20 Vegetarian Bean Chili Brown Rice Broccoli Florets Pineapple Tidbits Strawberry Shortcake Cookie	21 Chicken with Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Raisins	22 Meatballs w/Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Tropical Fruit Margarine
23 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	24 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend <i>*WG Biscuit in Entrée</i> Fresh Apple	25 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Carrot Salad with Lemon Dijon Vinaigrette Pineapple Tidbits	26 Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Raisins	27 Potato Crusted Pollock Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Chocolate Chip Cookie Tartar Sauce Lemon Juice Packet	28 Szechuan Pork Brown Rice Broccoli Florets Mandarin Oranges	29 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears

MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥1000mg

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