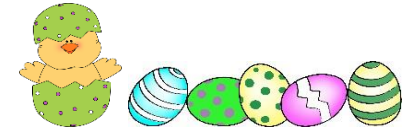




# APRIL 2021 Lunch Menu



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday   |
|---|---|---|---|--|--|--|
|  <p><i>Happy Easter</i></p>   |   |   | <b>1 April Fool's Day</b> <br>Potato Crusted Pollock<br>Brown Rice Succotash<br>Sliced Carrots<br>Fresh Orange<br>Oatmeal Crème Cookie<br>Tartar Sauce<br> | <b>2</b><br>Sloppy Joe<br>Oven Roasted Potatoes<br>Broccoli<br>W.W. Hamburger Bun<br>Pineapple Tidbits<br>  | <b>3</b><br>Salisbury Steak w/ Brown Gravy<br>Whipped Potatoes<br>Green Beans<br>Whole Wheat Bread<br>Cinnamon Applesauce<br>                     | <b>4 Easter</b> <br>Honey Glazed-Turkey Ham<br>Potato Medley<br>Green Peas<br>Whole Wheat Bread<br>Fresh Apple<br>Chocolate Chip Cookies<br> |
|   |   |   | <b>5</b><br>Meatloaf w/ Brown Gravy <br>Delmonico Potatoes<br>Spinach<br>Whole Wheat Bread<br>Fresh Orange   | <b>6</b><br>Baked Chicken w/ Jezebel Apple Salsa<br>Cilantro Lime Brown Rice<br>Garden Vegetables<br>Whole Wheat Bread<br>Sliced Peaches   | <b>7 World Health Day</b> <br>Tomato Basil Soup<br>Sliced Turkey Breast<br>Cheese, Lettuce<br>Herb Potato Salad<br>Whole Wheat Bread<br>Mixed Fruit | <b>8</b><br>Honey Glazed Pork<br>Brown Fried Rice<br>Stir Fry Vegetables<br>Fresh Banana<br>  |
| <b>12</b><br>Tzatziki Chicken<br>Mixed Vegetable Medley<br>Green Beans<br>Whole Wheat Roll<br> Raisins          | <b>13</b><br>Hamburger Patty<br>Lettuce & Tomato<br>Crispy Cubed Potatoes<br>Hamburger Bun<br>Hot Pineapple Tidbits   | <b>14</b><br>Turkey Club Salad<br>Whole Grain Crackers<br>Fresh Orange<br>Ranch Salad Dressing<br>   | <b>15 Tax Day</b><br>Chicken Caprese<br>Pasta Florentine<br>Baby Carrots<br>Fresh Banana<br>   | <b>16</b> <br>Glazed Turkey Ham<br>Whipped Potatoes<br>Green Peas<br>Whole Wheat Bread<br>Pineapple Tidbits<br>Chef's Dessert   | <b>17</b><br>Swiss Steak<br>Sweet Potatoes<br>Whole Wheat Bread<br>Hot Mixed Fruit<br>  | <b>18</b><br>Beef Teriyaki Meatballs<br>Brown Rice<br>Broccoli<br>Fresh Pear<br>  |
| <b>19</b><br>Honey Mustard Chicken<br>Lima Beans<br>Chuckwagon Corn<br>Whole Wheat Bread<br>Fresh Orange<br> | <b>20</b> <br>Beef Picadillo<br>Pinto Beans<br>Fiesta Vegetables<br>Corn Tortilla<br>Raisins<br> | <b>21</b><br>Chef Salad<br>Whole Grain Crackers<br>Fresh Orange<br>Ranch Salad Dressing<br>  | <b>22 Earth Day</b> <br>Sausage w/ Onions & Peppers<br>Garden Vegetables<br>W.W. Hot Dog Bun<br>Hot Pineapple Tidbits<br>                              | <b>23</b><br>Meatloaf w/ Au Jus Gravy<br>Whipped Potatoes<br>French Green Beans<br>Whole Wheat Bread<br>Fresh Apple<br>Graham Crackers   | <b>24</b> <br>Cheesy Paprika Chicken<br>Green Peas<br>Glazed Carrots<br>Whole Wheat Bread<br>Tropical Fruit                                      | <b>25</b><br>Buffalo Chicken<br>Broccoli<br>Hamburger Bun<br>Hot Sliced Peaches<br>   |
| <b>26</b><br>BBQ Pork Riblet<br>Whipped Potatoes<br>California Vegetables<br>W.W. Hamburger Bun<br>Pineapple Tidbits  | <b>27</b><br>Cilantro Lime Chicken<br>Black Beans<br>Whole Kernel Corn<br>Corn Tortilla<br>Mixed Fruit<br>   | <b>28</b> <br>Turkey Ham<br>Cheese, Lettuce, Tomato<br>Green Pea Salad<br>Whole Wheat Bread<br>Fresh Orange<br> | <b>29</b><br>Breaded Pollock<br>Garlic Whipped Potatoes<br>California Vegetables<br>Whole Wheat Bread<br>Fresh Banana<br>Tartar Sauce<br>  | <b>30 Arbor Day</b> <br>Country Fried Steak w/ Country Gravy<br>Brown Rice<br>Sweet Potatoes<br>Applesauce<br>Oatmeal Crème Cookie<br> |  |  |

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$1.00 per meal  
MENU SUBJECT TO CHANGE

No eligible person shall be denied a meal because of failure or inability to contribute.

