



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
<p>1 Turkey Sausage Patty Scrambled Eggs Hashbrowns Oatmeal Tropical Fruit Milk</p>	<p>2 Cheese Omelet Shredded Cheese Brussels Sprouts Whole Wheat Bread Fresh Orange Milk Margarine</p>	<p>3 Hard Boiled Eggs Copper Pennies Multi-Grain Bread Applesauce Milk Margarine Assorted Jelly</p>	<p>4 Egg Patty Sliced Turkey Breast Cut Yams WW English Muffin Mixed Fruit Milk Margarine</p>	<p>5 Pinto Beans Shredded Cheese Country Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce</p>	<p>6 Turkey Sausage Patties Broccoli Whole Grain Pancakes Fresh Pear Milk Syrup</p>	<p>7 Beef Hash Lima Beans Whole Wheat Bread Cinnamon Applesauce Milk Margarine</p>			
<p>8 Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce</p>	<p>9 Sliced Turkey Breast Glazed Carrots WG Blueberry Muffin Mixed Fruit Milk</p>	<p>10 Scrambled Eggs Club Spinach Oatmeal Strawberry Applesauce Milk Margarine</p>	<p>11 Hard Boiled Eggs CA Veggie Salad Multi-Grain Bread Fresh Pear Milk Margarine Assorted Jelly</p>	<p>12 Turkey Ham Cubed Sweet Potatoes WW English Muffin Pineapple Tidbits Milk Margarine Assorted Jelly</p>	<p>13 Black Beans Shredded Cheese Whole Wheat Tortilla Mixed Vegetables Mandarin Oranges Milk</p>	<p>14 Egg Patty Turkey Sausage Patty O'Brien Potatoes WW English Muffin Peaches Milk Margarine</p>			
<p>15 Hard Boiled Eggs Copper Pennies Whole Wheat Bread Pineapple Tidbits Milk Margarine</p>	<p>16 Beef and Turkey Hash Broccoli Multi-Grain Bread Fresh Pear Milk Margarine Assorted Jelly</p>	<p>17 Turkey Sausage Patty Egg Patty O'Brien Potatoes WW English Muffin Applesauce Milk Assorted Jelly</p>	<p>18 Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Assorted Jelly</p>	<p>19 Hard Boiled Eggs Sun Butter Green Bean Salad WW English Muffin Fresh Orange Milk</p>	<p>20 Black Beans Cut Yams Multi-Grain Bread Pineapple Tidbits Milk Assorted Jelly</p>	<p>21 Scrambled Eggs O'Brien Potatoes Whole Wheat Tortilla Fruit Cocktail Milk</p>			
<p>22 Sliced Turkey Breast Sliced Cheddar Broccoli WW English Muffin Tropical Fruit Milk</p>	<p>23 Scrambled Eggs Black Beans Whole Wheat Bread Fresh Orange Milk Margarine Assorted Jelly</p>	<p>24 Turkey Sausage Patty Egg Patty Cut Yams Whole Grain Waffles Applesauce Milk Pancake Syrup</p>	<p>25 Hard Boiled Eggs Oatmeal Corn Salad Fresh Pear Milk</p>	<p>26 Pinto Beans Shredded Cheese Garden Veggie Blend Whole Wheat Tortilla Fresh Orange Milk Taco Sauce</p>	<p>27 Egg Patty Sliced Turkey Breast O'Brien Potatoes WW English Muffin Fresh Banana Milk Assorted Jelly</p>	<p>28 Hard Boiled Eggs Beet Salad WG Blueberry Muffin Mandarin Oranges Milk</p>			
<p>29 Egg Patty Sliced Turkey Breast Cut Yams Multi-Grain Bread Fresh Orange Milk Margarine, Assorted Jelly</p>	<p>30 Turkey Sausage Patties O'Brien Potatoes Whole Grain Pancakes Fresh Apple Milk Margarine Pancake Syrup</p>	<p>31 Hard Boiled Eggs CA Veggie Salad Whole Wheat Bread Pineapple Tidbits Milk Margarine Assorted Jelly</p>							



"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

