




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mixed Fruit					
2 Scrambled Eggs O'Brien Potatoes Oatmeal Tropical Fruit	3 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Fresh Orange	4 Spinach/Mushroom Scramble Potato Wedges Whole Wheat Bread Applesauce Margarine, Jelly, & Ketchup	5 Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	6 Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Pineapple Tidbits Margarine & Jelly	7 Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Raisins Margarine & Jelly
9 Cheesy Scrambled Eggs Roasted Diced Potatoes Oatmeal Diced Peaches	10 Egg Patty Turkey Sausage Patty Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits Margarine & Jelly	11 Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Tropical Fruit	12 Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Fresh Orange	13 Cheese Omelet Creamed Spinach Multi-Grain Bread Applesauce Jelly	14 Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
16 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	17 Scrambled Eggs Fajita Vegetable Blend O'Brien Potatoes Cheerios Raisins	18 Hard Boiled Eggs WG Blueberry Muffin Tropical Fruit Tomato Juice	19 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges	20 Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Mixed Fruit Margarine & Syrup	21 Cheese Omelet Garlic Spinach Multi-Grain Bread Diced Peaches Margarine & Jelly
23 Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Diced Peaches Jelly	24 Cheese Omelet Garlic Spinach Whole Wheat Bread Mixed Fruit Margarine	25 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Fresh Orange Margarine & Syrup	26 Mushroom Scramble Fiesta Vegetable Blend Multi-Grain Bread Mixed Fruit Margarine & Jelly	27 Refried Beans Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	28 Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Tropical Fruit

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.

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.