

November 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Cheese Enchiladas Black Beans Mexican Corn Tropical Fruit 						1 Set Clocks Back Salisbury Steak w/ Onion Gravy Whipped Potatoes Whole Wheat Bread Hot Mixed Fruit
2 Baked Chicken w/ Spinach Cream Sauce Roasted Potatoes Parslied Carrots Whole Wheat Bread Fresh Apple	3 Election Day Pork Carnitas Sauteed Peppers & Onions Black Beans Whole Wheat Tortilla Hot Tropical Fruit 	4 Fall Harvest Turkey Salad Multi-Grain Bread Fresh Orange Ranch Dressing 	5 Smoked Sausage Stewed Tomatoes Black-Eyed Peas Hot Dog Bun Fresh Banana	6 Chicken Cacciatore Whole Grain Pasta Sauteed Garlic Spinach Mandarin Oranges Chef's Dessert 	7 Beef Patty w/ Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits	8 Chicken Stir Fry Brown Rice Peas & Carrots Fresh Fruit
9 Tomato Basil Chicken Spinach Whole Kernel Corn Whole Wheat Bread Mixed Fruit 	10 Country Fried Steak w/ Country Gravy Whipped Potatoes Green Peas Whole Wheat Bread Peaches 	11 Veterans Day Corn Chowder Sliced Turkey Ham Cheese, Lettuce, Tomato Carrot Pineapple Salad Whole Wheat Tortilla Fresh Fruit 	12 Maple Glazed Chicken Roasted Potato Medley Lima Beans Whole Wheat Bread Pineapple Tidbits	13 Potato Crusted Fish Dirty Brown Rice California Vegetables Fresh Banana Chef's Dessert Care♥Givers	14 Baked Chicken Macaroni & Cheese Brussels Sprouts Whole Wheat Roll Applesauce 	15 Santa Fe Beef Stew French Green Beans Whole Grain Crackers Hot Tropical Fruit
16 Tzatziki Chicken Brown Rice Green Beans Pineapple Tidbits 	17 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Apple 	18 Oriental Chicken Salad Whole Grain Crackers Fresh Fruit 	19 Sausage w/ Onions & Peppers Pinto Beans Mixed Vegetables W.W. Hot Dog Bun Fresh Fruit	20 Potato Crusted Fish Roasted Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Chef's Dessert	21 BBQ Pork Riblet Whole Kernel Corn German Coleslaw W.W. Hamburger Bun Hot Sliced Peaches	22 Parmesan Chicken Whole Grain Pasta Sauteed Garlic Spinach Whole Wheat Bread Fresh Orange
23 Creole Pork Fiesta Vegetables Whole Wheat Roll Hot Tropical Fruit 	24 Beef Patty w/ Gravy Brown Rice Oriental Vegetables Ginger Carrots Fresh Banana Fortune Cookie	25 BBQ Riblet Broccoli & Carrots Hamburger Bun Hot Pineapple Tidbits 	26 Thanksgiving Day Turkey Breast w/ Gravy Cranberry Sauce Cornbread Dressing Green Beans Whole Wheat Roll Fresh Fruit	27 Meatloaf w/ Tomato Gravy Whole Kernel Corn Whole Wheat Bread Hot Tropical Fruit	28 Pineapple Glazed Pork Crispy Potatoes Green Beans Whole Wheat Bread Mandarin Oranges	29 Salisbury Steak w/ Brown Gravy Green Peas Glazed Carrots Whole Wheat Bread Fresh Orange

"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.

