



LUNCH Menu November 2025

Gary and Mary West Senior Wellness Center

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Chicken Thigh Meat Alfredo Sauce Whole Grain Penne Pasta Sliced Carrots Brussels Sprouts Raisins	2 Satisfury Steak w/Onion Gravy Brown Rice Pilaf Mixed Vegetables Whole Wheat Roll Diced Peas Margarine
3 Orange Chicken Whole Grain Spaghetti Green Beans Mandarin Oranges	4 Pork Parmesan Whole Grain Penne Pasta White Beans with Arugula Multi-Grain Bread Diced Peaches Margarine	5 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Baked Tortilla Chips Strawberry Applesauce Taco Sauce & Ranch Dressing	6 Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Sweet Plantains Mixed Fruit	7 Salmon Patty Dill Sauce Brown Rice Glazed Carrots Diced Peas Chocolate Chip Cookie	8 Whole Grain Bean & Cheese Burrito Enchilada Sauce Green Peas Fiesta Corn Tropical Fruit	9 Diced Pork Mornay Sauce Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Margarine
10 Italian Beef & Turkey Whole Grain Penne Bake Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	11 Roasted Turkey Breast Cranberry Orange Sauce Whole Kernel Corn Green Beans Whole Wheat Roll Applesauce Margarine	12 White Bean Soup Egg Salad Cucumber Salad Carrot Raisin Salad Multi-Grain Bread Diced Peas	13 Tilapia with Crumb Topping Confetti Brown Rice Black-eyed Peas Coleslaw Whole Wheat Roll Fresh Orange Margarine Tartar Sauce & Lemon Juice	14 Chicken Breast Meat Bruschetta Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend Mixed Fruit Crisp	15 Pork Fried Rice Mixed Vegetables Tropical Fruit Whole Wheat Roll Fortune Cookie	16 Chicken Breast Meat Coconut Curry Sauce Brown Rice Broccoli Florets Cauliflower Raisins
17 Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	18 Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	19 Asian Chicken Noodle Salad* <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Mandarin Oranges Balsamic Vinaigrette	20 Roasted Turkey Breast Poultry Gravy Lentil Vegetable Pilaf Broccoli Florets Whole Wheat Roll Fresh Orange Margarine	21 Whole Grain Shrimp Jambalaya Corn Casserole Green Beans Multi-Grain Bread Diced Peas Nutty Buddy Bar Margarine	22 Chicken Thigh Meat Romesco Sauce Whole Grain Penne Pasta Sliced Carrots Cucumber Tomato Salad Mixed Fruit	23 Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pineapple Tidbits
24 Chicken Breast Meat Apricot Mustard Sauce Brown Rice California Vegetable Blend Diced Peaches	25 Vegetable Lasagna Bake Cauliflower Italian Vegetable Blend Multi-Grain Bread Diced Peas Margarine	26 Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit	27 Thanksgiving Holiday Meal Roasted Turkey Breast Poultry Gravy Cornbread Dressing Green Beans Whole Wheat Roll Fresh Orange Pumpkin Pie Margarine & Cranberry Sauce	28 Pork with Balsamic Onion Jam Green Peas Glazed Carrots Whole Wheat Roll Diced Peas Carnival Cookie Margarine	29 Beer Battered Cod Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Fresh Orange Taco Sauce	30 Swiss Steak Brown Rice Corn with Bell Peppers Green Beans Amandine Diced Peaches

MENU NOTES

All meals include 8oz of milk

Denotes Sodium ≥1000mg

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