



## 2022 Lunch Menu



| Monday                                                                                                       | Tuesday                                                                                 | Wednesday                                                                                  | Thursday                                                                                  | Friday                                                                                                 | Saturday                                                                                 | Sunday                                                                                         |
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| <br><b>4 Independence Day!</b><br><b>Hamburger Patty</b><br><b>Lettuce &amp; Tomato</b><br><br>漢堡肉餅<br>生菜和番茄 |                                                                                         |                                                                                            |                                                                                           | 1<br><b>Potato Crusted Fish</b><br><b>Lima Beans</b><br><br>土豆皮魚<br>利馬豆                                | 2<br><b>Turkey Breast w/ Gravy</b><br><b>Whipped Potatoes</b><br><br>火雞胸肉配肉汁<br>土豆泥      | 3<br><b>Beef w/ Gravy, Onions, &amp; Peppers</b><br><b>Brown Rice</b><br>牛肉配肉汁、洋葱和<br>胡椒<br>糙米 |
|                                                                                                              | 5<br><b>Turkey Breast w/ Gravy</b><br><b>Mashed Spiced Yams</b><br><br>火雞胸肉配肉汁<br>五香山藥泥 | 6<br><b>Garden Vegetable Soup</b><br><b>Chicken Salad</b><br><br>田園蔬菜湯<br>雞肉沙拉             | 7<br><b>Pork Stir Fry</b><br><b>Cilantro Lime Brown Rice</b><br><br>豬肉炒<br>香菜青柠汁糙米饭       | 8<br><b>Potato Crusted Fish</b><br><b>Lima Beans</b><br><br>土豆皮魚<br>利馬豆                                | 9<br><b>Salisbury Steak</b><br><b>Oven Roasted Potatoes</b><br><br>索爾茲伯里牛排<br>烤箱烤土豆      | 10<br><b>Honey Mustard Chicken</b><br><b>Whole Kernel Corn</b><br><br>蜂蜜芥末雞<br>整粒玉米            |
| 11<br><b>Pork Roast</b><br><b>Mushroom Gravy</b><br><br>烤豬肉<br>蘑菇濃汁                                          | 12<br><b>Tilapia w/ Crumb Topping</b><br><b>Green Beans</b><br><br>羅非魚配麵包屑<br>綠豆        | 13<br><b>Turkey Club Salad</b><br><b>Whole Wheat Roll</b><br><br>火雞俱樂部沙拉<br>全麥卷            | 14<br><b>Baked Chicken</b><br><b>Ginger Scallion Sauce</b><br><br>焗雞<br>薑蔥醬               | 15<br><b>Meatballs &amp; Spaghetti Sauce</b><br><b>Whole Grain Spaghetti</b><br><br>肉丸和意大利麵醬<br>全麥意大利面 | 16<br><b>Turkey Breast w/ Gravy</b><br><b>Cornbread Dressing</b><br><br>火雞胸肉配肉汁<br>麵包調料汁 | 17<br><b>Whipped Potatoes</b><br><b>Lima Beans</b><br><br>土豆泥<br>利馬豆                           |
| 18<br><b>BBQ Chicken</b><br><b>WG Macaroni &amp; Cheese</b><br><br>燒烤雞<br>WG 通心粉和奶酪                          | 19<br><b>Swiss Steak</b><br><b>Wild Rice</b><br><br>瑞士牛排<br>野米                          | 20<br><b>French Bistro Turkey Salad</b><br><b>Whole Wheat Roll</b><br><br>法國小酒館火雞沙拉<br>全麥卷 | 21<br><b>Baked Chicken</b><br><b>Onion Gravy</b><br><br>焗雞<br>洋蔥汁                         | 22<br><b>Potato Crusted Fish</b><br><b>Whole Kernel Corn</b><br><br>土豆皮魚<br>整粒玉米                       | 23<br><b>Szechuan Pork</b><br><b>Brown Rice</b><br><br>四川豬肉<br>糙米                        | 24<br><b>Beef Italiano</b><br><b>Whole Grain Penne Pasta</b><br><br>意大利牛肉<br>全麥通心粉             |
| 25<br><b>Meatloaf</b><br><b>Onion Gravy</b><br><br>肉餅<br>洋蔥汁                                                 | 26<br><b>Chicken Fried Brown Rice</b><br><b>Mixed Vegetables</b><br><br>雞肉炒糙米<br>混合蔬菜   | 27<br><b>Minestrone Soup</b><br><b>Tuna Salad</b><br><br>蔬菜濃湯<br>金槍魚沙拉                     | 28<br><b>Chicken Cacciatore</b><br><b>Whole Grain Penne Pasta</b><br><br>雞肉卡西亞托雷<br>全麥通心粉 | 29<br><b>Sweet &amp; Sour Meatballs</b><br><b>Lima Beans</b><br><br>糖醋肉丸<br>利馬豆                        | 30<br><b>Pork Roast</b><br><b>Brown Rice</b><br><br>烤豬肉<br>糙米                            | 31<br><b>Salisbury Steak</b><br><b>Brown Gravy</b><br><br>索爾茲伯里牛排<br>棕色肉汁                      |

"T這個項目得到了聖地亞哥縣健康與人類服務機構、老齡化與獨立服務機構的《美國老年人法案》基金的支持。"

建議供款為每餐 1.00 美元 - 任何符合條件的人不得因未能或無法供款而被拒絕用餐。

請注意：這些食物可能含有以下過敏原

花生 • 堅果 • 海鮮 • 貝類 • 大豆 • 雞蛋 • 牛奶 • 小麥

"所有餐點都含有 8 盎司牛奶"

菜單也許會有更改