



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 Swedish Meatballs WG Penne Pasta Broccoli Fresh Apple 	2 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Mixed Fruit Crisp 	3 Beef Taco Salad Whole Wheat Tortilla Pineapple Tidbits Taco Sauce 	4 Jamaican Chicken Coconut Brown Rice Plantains Tropical Fruit 	5 Turkey Breast w/ Gravy Cubed Sweet Potatoes Whole Wheat Roll Fresh Banana Dessert Margarine 	6 Beef Chili with Beans Brown Rice Chuckwagon Corn Fresh Orange 	7 Creamy Paprika Chicken Whole Grain Spaghetti Green Beans Tropical Fruit 	
8 WG Tuna Noodle Casserole French Green Beans w/ Peppers Pear Crisp 	9 Cranberry Dijon Chicken Lima Beans Capri Veggie Blend Whole Wheat Bread Fresh Orange Margarine 	10 Corn Chowder Turkey & Swiss Lettuce & Tomato Carrot Raisin Salad Whole Wheat Tortilla Pineapple Tidbits Mayonnaise & Mustard 	11 Baked Meatballs Brown Gravy Roasted Potato Medley Green Peas Whole Wheat Roll Fresh Banana Margarine 	12 WG Turkey Tetrazzini Stewed Tomatoes Pears Dessert 	13 Honey Balsamic Chicken Confetti Brown Rice Spinach Applesauce 	14 Hamburger Patty Lettuce & Tomato Whole Kernel Corn WW Hamburger Bun Tropical Fruit Mayonnaise Mustard 	
15 WG Popcorn Chicken WG Macaroni & Cheese Mixed Vegetables Fresh Orange BBQ Sauce 	16 Turkey Breast w/ Gravy Mashed Spiced Yams Green Peas Whole Wheat Roll Mixed Fruit Margarine 	17 Garden Veggie Soup Chicken Salad German Coleslaw Whole Wheat Bread Fresh Banana 	18 Pork Stir Fry Cilantro Lime Brown Rice Mediterranean Veggie Blend Pineapple Tidbits GARAGE SALE 	19 Potato Crusted Fish Lima Beans Glazed Carrots Whole Wheat Bread Tropical Fruit Chocolate Chip Cookie Margarine, Tartar Sauce 	20 Salisbury Steak Brown Gravy Oven Roasted Potatoes Broccoli Whole Wheat Roll Fresh Pear Margarine 	21 Honey Mustard Chicken Whole Kernel Corn Brussels Sprouts Multi-Grain Bread Peaches Margarine 	
22 Pork Roast Mushroom Gravy Whipped Potatoes Peas & Carrots Multi-Grain Bread Applesauce, Margarine 	23 Tilapia w/ Crumb Topping Confetti Brown Rice Green Beans Mixed Fruit 	24 Turkey Club Salad Whole Wheat Roll Strawberry Glazed Fruit Ranch Salad Dressing Margarine 	25 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Broccoli Fresh Banana 	26 Baked Chicken Ginger Scallion Sauce Brown Rice Florentine Sliced Carrots Mixed Fruit Dessert 	27 Turkey Breast w/ Gravy Whole Kernel Corn Brussels Sprouts Whole Wheat Roll Fresh Apple Margarine 	28 Creole Beef Whipped Potatoes Lima Beans Whole Wheat Roll Pineapple Tidbits Margarine 	
29 BBQ Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit 	30 Swiss Steak Wild Rice Capri Veggie Blend Mandarin Oranges 	31 French Bistro Turkey Salad Whole Wheat Roll Fresh Banana Margarine 	  				

"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
"All meals contain 8 oz milk"



Menu Subject To Change