



SERVING LUNCH MENU SEPTEMBER 2024


SENIORS 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
30 Chicken Leg Quarter Dijonnaise Sauce Brown Rice Brussels Sprouts Fresh Apple						1 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple
2 Labor Day All Beef Hot Dog  Ranch Beans WW Hot Dog Bun WG Mixed Fruit Crisp Mustard	3 Szechuan Pork Brown Rice Green Beans & Peppers Fresh Apple	4 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Beans, Cheese, Tomato, & Lettuce</i> Whole Wheat Tortilla Diced Peaches Taco Sauce Ranch Salad Dressing	5 Chicken Leg Quarter Apricot Mustard Sauce Peas & Carrots Whole Wheat Bread Fresh Orange Margarine	6 Tilapia w/Crumb Topping Potato Wedges Whole Wheat Roll WG Mixed Fruit Crisp Margarine Tartar Sauce Ketchup Lemon Juice Packet	7 Swiss Steak Confetti Brown Rice Capri Vegetable Blend Peaches	8 Mushroom Patties Romesco Sauce Whole Grain Penne Garden Vegetable Blend Raisins
9 Meatloaf with Gravy Whipped Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple	10 Chicken Cacciatore Whole Grain Penne Brussels Sprouts, Corn, & Sliced Carrots Diced Pears	11 Minestrone Soup Tuna Salad Black-eyed Pea Salad Multi-Grain Bread (2) Fresh Orange	12 Chicken Fried Brown Rice Sweet & Sour Red Cabbage Spiced Apples Fortune Cookie	13 20 Millionth Meal!! Roast Beef with Gravy Scalloped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit Fresh Fruit Cake	14 Pork Roast Apple Cider Mustard Glaze Peas and Red Peppers Whole Wheat Roll Diced Peaches Margarine	15 Chicken Leg Quarter Jamaican Sauce Coconut Brown Rice Plantains Mixed Fruit
16 Potato Crusted Pollock WG Macaroni & Cheese Mixed Vegetables Applesauce Tartar Sauce Lemon Juice Packet	17 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange	18 Lentil Soup  Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Pita Bread</i> Rainbow Carrot Salad with Lemon Dijon Vinaigrette Mixed Fruit	19 Salisbury Steak Onion Gravy Whipped Potatoes Green Beans Whole Wheat Roll Diced Pears Margarine	20 Roasted Turkey Breast Tarragon Sauce Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine	21 Vegetarian Chili with Beans Brown Rice Corn O'Brien Raisins	22 Creamy Paprika Chicken Whole Grain Lemon Penne Broccoli Florets Fresh Apple
23 Whole Grain Shrimp Corn Casserole Peach Crisp	24 Chicken Leg Quarter Cranberry Dijon Sauce Mixed Vegetables Whole Wheat Roll Pears Margarine	25 Split Pea Soup Turkey & Swiss Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Applesauce Mayonnaise & Mustard	26 Chicken Leg Quarter Honey Balsamic Sauce Confetti Brown Rice Sliced Carrots Mixed Fruit Nuttty Buddy Bar	27 Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Pears Nuttty Buddy Bar Margarine	28 Sweet & Sour Meatballs Whole Grain Rotini Capri Vegetable Blend Mixed Fruit	29 Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun Fresh Orange Mayonnaise Mustard Ketchup

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.

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.