



SERVING LUNCH MENU AUGUST 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
			1 Chicken Fried Brown Rice Sweet & Sour Red Cabbage Spiced Apples Fortune Cookie	2 Swedish Meatballs Whole Grain Egg Noodles Broccoli Florets & Carrots Applesauce Fudge Brownie	3 Pork Roast Apple Cider Mustard Glaze Peas and Red Peppers Whole Wheat Roll Diced Peaches Margarine	4 Chicken Leg Quarter Jamaican Sauce Coconut Brown Rice Plantains Mixed Fruit
5 Potato Crusted Pollock WG Macaroni & Cheese Mixed Vegetables Applesauce Tartar Sauce Lemon Juice Packet	6 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange	7 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	8 Salisbury Steak Onion Gravy Whipped Potatoes Green Beans Whole Wheat Roll Diced Pears Margarine	9 Roasted Turkey Breast Tarragon Sauce Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine	10 Vegetarian Chili with Beans Brown Rice Corn O'Brien Raisins	11 Creamy Paprika Chicken Whole Grain Lemon Penne Broccoli Florets Fresh Apple
12 WG Shrimp Jambalaya Corn Casserole Peach Crisp	13 Chicken Leg Quarter Cranberry Dijon Sauce Mixed Vegetables Whole Wheat Roll Pears Margarine	14 Split Pea Soup Turkey & Swiss Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Applesauce Mayonnaise & Mustard	15 Chicken Leg Quarter Honey Balsamic Sauce Confetti Brown Rice Sliced Carrots Mixed Fruit Nuttty Buddy Bar	16 Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Pears Nuttty Buddy Bar Margarine	17 Sweet & Sour Meatballs Whole Grain Rotini Capri Vegetable Blend Mixed Fruit	18 Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun Fresh Orange Mayonnaise Mustard Ketchup
19 Chicken Leg Quarter Dijonnaise Sauce Brown Rice Brussels Sprouts Fresh Apple	20 Turkey a la King Whole Grain Egg Noodles Broccoli Florets Mixed Fruit	21 Vegetable Soup Egg Salad Chick Pea Salad Whole Wheat Bread (2) Diced Peaches	22 Pork Stir Fry Cilantro Lime Brown Rice Green Peas Raisins	23 Potato Crusted Pollock Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice Packet	24 Salisbury Steak Balsamic Onion Jam Mixed Vegetables Whole Wheat Roll Fresh Orange Margarine	25 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears
26 Creole Beef Lentil Vegetable Pilaf Whole Wheat Roll Mixed Fruit Margarine	27 Asian Noodle Chicken Salad* <i>*Diced Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds, and Dressing</i> Fresh Apple	28 Salmon Patty Dill Sauce Confetti Brown Rice Mixed Vegetables Fresh Orange	29 WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Diced Peaches	30 Chicken Leg Quarter Roasted Garlic Marsala Sauce Brown Rice Florentine California Vegetable Blend Mixed Fruit Oatmeal Raisin Cookie	31 Turkey Breast with Gravy WG Au Gratin Rotini Brussels Sprouts Diced Pears	

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.