













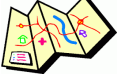













November 2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Hamburger Patty Lettuce & Tomato Broccoli WW Hamburger Bun Hot Spiced Apples Ketchup/Mustard	2 Chef Salad Whole Wheat Roll Fresh Apple Ranch Salad Dressing Margarine	3 Pork Roast w/ Onion Gravy Brown Rice Capri Veggie Blend Fresh Orange 	4 Honey Lime Chicken Mashed Spiced Yams Mixed Vegetables Whole Wheat Bread Tropical Fruit Dessert	5 WG Tuna Noodle Casserole Seasoned Mixed Greens Pear Crisp 	6 Creole Beef Brown Rice Green Peas Fresh Banana 	
7 Veg. Be'f Lasagna Bake Broccoli WG Garlic Breadstick Fresh Apple Margarine 	8 Potato Crusted Fish Garden Veggie Blend Multi-Grain Bread Peach Crisp Tartar Sauce Margarine 	9 Corn Chowder Turkey Ham & Swiss Lettuce & Tomato Beet Salad Whole Wheat Tortilla Fresh Orange Mustard 	10 WG Popcorn Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit BBQ Sauce 	11 Veterans Day! Hungarian Pork Cilantro Lime Brown Rice Brussels Sprouts Strawberry Applesauce Dessert 	12 Sweet & Sour Meatballs Confetti Brown Rice Green Beans Fresh Banana 	13 Lemon Pepper Chicken Black Beans Steamed Cabbage Whole Wheat Roll Mandarin Oranges Margarine	
14 Ten Grain Pollock White Beans w/ Arugula Glazed Carrots Whole Wheat Bread Mixed Fruit Tartar Sauce Margarine 	15 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	16 Asian Chicken Noodle Salad (Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Green Onion and Asian Dressing) Fresh Banana 	17 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Margarine 	18 Mediterranean Chicken WG Rotini Pasta Green Beans Pineapple Tidbits Oatmeal Raisin Cookie 	19 BBQ Pork Rib Patty Seasoned Collard Greens WW Hamburger Bun Hot Spiced Apples 	20 Swedish Meatballs WG Penne Pasta Garden Veggie Blend Fresh Orange 	
21 Pork Chile Verde Brown Rice Pinto Beans w/ Red Peppers Tropical Fruit 	22 Tomato Basil Soup Tuna Salad Cucumber Salad WW Hamburger Bun Pineapple Tidbits	23 Creamy Chicken Tikka Coconut Brown Rice Broccoli Fresh Banana	24 Thanksgiving! Roasted Turkey Breast w/ Gravy Cornbread Dressing Green Beans Amandine Whole Wheat Roll Fresh Pear, Pumpkin Pie	25 Sloppy Joe Whole Kernel Corn WW Hamburger Bun Peach Crisp  SALE	26 Pineapple Glazed Turkey Ham WG Macaroni & Cheese Mixed Vegetables Cranapplesauce 	27 Swiss Steak Brown Rice Florentine Glazed Carrots Fresh Pear 	
28 Pesto Chicken WG Rotini Pasta Ratatouille Pineapple Tidbits 	29 Apple Glazed Pork Loin Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches Margarine	30 Beef & Turkey Taco Salad Whole Wheat Tortilla Fresh Pear Taco Sauce Ranch Salad Dressing				 HAPPY THANKSGIVING 	

"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