



Meals containing more than 1000 mg of sodium

# JUNE 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 <b>Beef Picadillo</b> Pinto Beans Fiesta Vegetables Corn Tortillas Raisins	2 <b>Chef Salad</b> Whole Grain Crackers Fresh Orange Ranch Salad Dressing	3 <b>Sausage w/ Onions &amp; Peppers</b> Garden Vegetables W.W. Hot Dog Bun Hot Pineapple Tidbits	4 <b>Meatloaf w/ Gravy</b> Whipped Potatoes French Green Beans Whole Wheat Bread Fresh Apple Graham Crackers	5 <b>Cheesy Paprika Chicken</b> Green Peas Glazed Carrots Whole Wheat Bread Tropical Fruit	6 <b>Buffalo Chicken</b> Broccoli Hamburger Bun Hot Sliced Peaches	
7 <b>BBQ Pork Riblet</b> Whipped Potatoes California Vegetables Hamburger Bun Pineapple Tidbits	8 <b>Cilantro Lime Chicken</b> Black Beans Whole Kernel Corn Corn Tortilla Mixed Fruit	9 <b>Turkey Ham</b> Cheese, Lettuce, Tomato Green Pea Salad Whole Wheat Bread Fresh Orange	10 <b>Breaded Pollock</b> Garlic Whipped Potatoes California Vegetables Whole Wheat Bread Fresh Banana Tartar Sauce	11 <b>Country Fried Steak w/ Country Gravy</b> Brown Rice Sweet Potatoes Applesauce Oatmeal Crème Cookie	12 <b>Chicken Fajitas</b> Mixed Vegetables Corn Tortilla Hot Tropical Fruit Taco Sauce	13 <b>Swedish Meatballs</b> Whole Grain Pasta Green Beans w/ Red Peppers Pineapple Tidbits	
14 <b>BBQ Pork</b> Yams Hamburger Bun Tropical Fruit	15 <b>Oven Fried Chicken</b> Whipped Potatoes Herbed Green Beans Whole Wheat Bread Fresh Banana	16 <b>San Diego Tuna Salad</b> Bean Salad Whole Grain Crackers Mandarin Oranges	17 <b>Beef Spaghetti</b> Whole Grain Pasta Side Salad Hot Sliced Peaches Italian Dressing	18 <b>Pork Carnitas</b> Fiesta Vegetables Black Beans Corn Tortillas Cranapplesauce Graham Crackers	19 <b>Smothered Chicken</b> Garlic Whipped Potatoes Green Peas Whole Wheat Bread Sliced Pears	20 <b>Father's Day</b> Roast Beef w/ Gravy O'Brien Potatoes Hamburger Bun Mixed Fruit Compote	
21 <b>Bourbon-Style Chicken</b> Whipped Potatoes Green Beans Whole Wheat Bread Fresh Apple	22 <b>Turkey Ham &amp; White Beans</b> Brown Rice Spinach Texas Bread Fresh Orange	23 <b>Asian Chicken Salad</b> Whole Grain Crackers Raisins Sesame Seed-Salad Dressing	24 <b>Breaded Pollock</b> Brussels Sprouts Hamburger Bun Apple Raisin Compote Tartar Sauce	25 <b>Bruschetta Chicken</b> Tater Tot Casserole California Vegetables Whole Wheat Bread Fresh Banana	26 <b>Sloppy Joe</b> Broccoli Hamburger Bun Hot Mixed Fruit	27 <b>Cheese Omelet</b> Black Beans Sliced Carrots Corn Tortilla Fresh Orange	
28 <b>Meatloaf w/ Brown Gravy</b> Delmonico Potatoes Spinach Whole Wheat Roll Fresh Orange	29 <b>Baked Chicken w/ Jezebel Apple Sauce</b> Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Sliced Peaches	30 <b>Tomato Basil Soup</b> Sliced Turkey Breast Cheese, Lettuce Herb Potato Salad Whole Wheat Bread Mixed Fruit					

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$1.00 per meal

**MENU SUBJECT TO CHANGE**

No eligible person shall be denied a meal because of failure or inability to contribute.

