











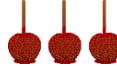



















October 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<p>1 Beef Santa Fe Stew Shredded Cheese Cut Yams Whole Wheat Bread Hot Tropical Fruit Oatmeal Crème Cookie</p>		<p>2 Bean & Cheese Burrito w/ Shredded Cheese Whole Kernel Corn Fiesta Vegetables Fresh Orange</p> 	<p>3 Breaded Chicken Patty w/ Mornay Sauce Peas & Red Peppers Penne Pasta Fresh Apple</p>
<p>4 Salisbury Steak w/ Gravy Peas & Carrots Whole Wheat Bread Hot Tropical Fruit</p> 	<p>5 Chicken Souvlaki Capri Vegetables Brown Rice Fresh Orange</p> 	<p>6 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Broccoli Raisin Salad Whole Wheat Bread Fresh Tangerines</p> 	<p>7 Pork Rib Patty Spinach German Coleslaw W.W. Hamburger Bun Hot Spiced Apples</p> 	<p>8 Garlic Fish w/ Dill Sauce California Vegetables Penne Pasta Fresh Banana Chef's Dessert</p>  	<p>9 Chicken Stir Fry Mixed Vegetables Brown Rice Pineapple Tidbits Fortune Cookie</p>	<p>10 Sausage w/ Onion & Peppers Black Beans Broccoli W.W. Hot Dog Bun Applesauce</p> 
<p>11 Columbus Day Maple Glazed Chicken Brussels Sprouts Cornbread Hot Pineapple Tidbits</p> 	<p>12 Swiss Steak Whipped Potatoes Glazed Carrots Whole Wheat Bread Fresh Tangerines</p>	<p>13 Chicken Taco Salad Whole Wheat Tortilla Fresh Orange Ranch Salad Dressing Taco Sauce</p>  	<p>14 Beef Chow Mein Broccoli & Carrots Brown Rice Fresh Banana</p> 	<p>15 Baked Chicken Tenders Kidney Beans Coleslaw Brown Rice Florentine Fresh Orange Chocolate Pudding BBQ Sauce</p> 	<p>16 Spanish Fish Cauliflower & Peas Lemon Pasta Fresh Banana</p> 	<p>17 Breaded Chicken Patty w/ Creole Sauce Cut Yams Whole Wheat Bread Hot Mixed Fruit</p> 
<p>18 Cheese Omelet Black Beans Fiesta Vegetables Whole Wheat Tortilla Fresh Apple Taco Sauce</p> 	<p>19 Turkey Ham w/ Raisin Sauce Broccoli & Cauliflower Confetti Brown Rice Pineapple Tidbits</p>	<p>20 Minestrone Soup Tuna Salad Carrot Slaw Fresh Spinach Hamburger Bun Fresh Banana</p> 	<p>21 Baked Chicken Brussels Sprouts Macaroni & Cheese Fresh Apple</p> 	<p>22 Hamburger Patty Peas & Carrots Lettuce, Tomato Hamburger Bun Hot Cinnamon Applesauce Chef's Dessert</p>	<p>23 Parmesan Chicken Spinach Penne Pasta Mixed Fruit</p> 	<p>24 Turkey Brunswick Stew Broccoli Whole Grain Roll Hot Tropical Fruit</p> 
<p>25 Chicken w/ Buffalo Sauce Crispy Cubed Potatoes Sliced Carrots Lettuce, Tomato Hamburger Bun Pineapple Tidbits</p> 	<p>26 Cajun Lemon Pepper Fish California Vegetables Dirty Brown Rice Fresh Apple</p> 	<p>27 Garden Chicken Salad Whole Grain Roll Fresh Banana Ranch Salad Dressing</p> 	<p>28 Apple Glazed Pork Garden Vegetables Brown Rice Succotash Tropical Fruit</p> 	<p>29 Cranberry Chicken Whipped Potatoes Spinach Whole Wheat Bread Fresh Tangerines Chef's Dessert</p>	<p>30 Turkey Ham & Chicken Jambalaya Corn & Bell Peppers Cornbread Hot Applesauce</p> 	<p>31 Halloween Beef Frank Kidney Beans Broccoli w/ Cheese Hot Dog Bun Fresh Orange Chocolate Chip Cookie</p>  

"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 - 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



Menu Subject To Change