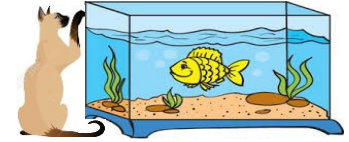




Meals containing more than 1000 mg of sodium

# JUNE 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Honey Mustard Chicken Brown Rice Club Spinach Fresh Orange Milk 	<b>2</b> Picadillo Beef Mexican Brown Rice Fiesta Vegetables Fresh Banana Milk 	<b>3</b> Chef Salad Saltine Crackers Fresh Apple Ranch Dressing 	<b>4</b> Sausage w/ Onions & Peppers Pinto Beans Whole Kernel Corn W.W. Hot Dog Bun Mixed Fruit 	<b>5</b> Meatloaf w/ Onion Gravy Whipped Potatoes French Green Beans Whole Wheat Roll Fresh Orange Chef's Dessert	<b>6</b> Tuna Casserole Lima Beans Glazed Carrots Fluffy Fruit Salad 	<b>7</b> Italian Beef w/ Whole Grain Pasta Herbed Peas Whole Wheat Roll Hot Glazed Peaches 
<b>8</b> BBQ Pork Rib Patty Whipped Potatoes California Veggies W.W. Hamburger Bun Applesauce 	<b>9</b> Baked Chicken Mornay Sauce Whole Kernel Corn Lima Beans Whole Wheat Roll Pineapple Tidbits	<b>10</b> Turkey Ham Sliced Cheese Lettuce & Tomato Green Pea Salad Whole Wheat Bread Fresh Orange 	<b>11</b> Potato Crusted Fish Twice Whipped Potatoes Broccoli & Carrots Whole Wheat Bread Fresh Banana 	<b>12</b> BBQ Chicken Brown Rice Florentine Orange Carrots Tangerines Chef's Dessert 	<b>13</b> Swedish Meatballs Penne Pasta Herbed Green Beans Diced Pineapple 	<b>14</b> Turkey Ham & White Beans Brown Rice Creamed Spinach Fresh Orange 
<b>15</b> Breaded Chicken Patty Crispy Cubed Potatoes W.W. Hamburger Bun Tropical Fruit 	<b>16</b> Beef w/ Gravy & Pepper Country Potatoes Green Beans Whole Wheat Bread Fresh Apple 	<b>17</b> Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W.W. Pita Bread Fresh Banana	<b>18</b> Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Hot Sliced Peaches Italian Dressing 	<b>19</b> Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple Chef's Dessert 	<b>20 Summer Begins</b> Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Sliced Pears 	<b>21 Father's Day</b> Roast Beef Brown Gravy Whipped Potatoes Carrot Slaw W.W. Hamburger Bun Hot Spiced Apples
<b>22</b> Creole Steak Chunky Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple 	<b>23</b> BBQ Chicken Whipped Potatoes Sliced Carrots Whole Wheat Bread Fresh Orange 	<b>24</b> Beef Taco Salad Diced Pineapple Whole Wheat Tortilla Taco Sauce 	<b>25</b> Dijon Pork Patty Roasted Potato Medley Broccoli Florets Whole Wheat Bread Fresh Banana 	<b>26</b> Spinach Bake Green Beans Whole Wheat Bread Hot Cinnamon Applesauce Chef's Dessert 	<b>27</b> Beef Stew Brown Rice Broccoli Blushing Pears 	<b>28</b> Sliced Turkey Breast Cranberry Orange Sauce Lima Beans Cornbread Hot Spiced Apples
<b>29</b> Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach Whole Wheat Roll Fresh Orange	<b>30</b> Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Applesauce w/ Pears					

"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 \$3.50 per meal  
MENU SUBJECT TO CHANGE



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

