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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Potato Crusted Pollock Baby Roasted Potatoes Green Peas Peaches Tartar Sauce 	<b>31</b> Burrito Bowl (Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato) Fresh Pear, Taco Sauce 	<b>1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 	<b>1</b> <b>New Year's Day!</b> BBQ Pork Rib Patty Seasoned Collard Greens WW Hamburger Bun Hot Spiced Apples 
<b>2</b> Chicken and Biscuit Whipped Potatoes CA Veggie Blend Fresh Apple 	<b>3</b> Szechuan Pork Brown Rice Broccoli Mixed Fruit 	<b>4</b> Tomato Basil Soup Chicken Salad German Coleslaw Multi-Grain Bread Fresh Banana 	<b>5</b> Swedish Meatballs WG Rotini Pasta Glazed Carrots Fresh Orange 	<b>6</b> Potato Crusted Fish Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Carnival Cookie Tartar Sauce 	<b>7</b> Sloppy Joe Whole Kernel Corn Coleslaw WW Hamburger Bun Fresh Pear 	<b>8</b> Honey Lime Chicken Cut Yams Multi-Grain Bread Tropical Fruit Margarine 
<b>9</b> Beef Italiano White Beans w/ Arugula WG Breadstick Applesauce Margarine 	<b>10</b> Ten Grain Pollock WG Macaroni & Cheese Green Peas Mixed Fruit Tartar Sauce 	<b>11</b> Beef & Turkey Taco Salad Whole Wheat Tortilla Fresh Pear Taco Sauce Ranch Salad Dressing 	<b>12</b> Honey Balsamic Chicken WW Seasoned Couscous Brussels Sprouts Fresh Banana 	<b>13</b> Pork Roast Ginger Scallion Sauce Sliced Carrots Whole Wheat Roll Mixed Fruit Crisp Margarine 	<b>14</b> Curry Chicken Brown Rice Capri Veggie Blend Fresh Orange 	<b>15</b> Salisbury Steak w/ Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine 
<b>16</b> <b>MLK Day!</b> BBQ Chicken Leg Qtr WG Macaroni & Cheese Seasoned Collard Greens Applesauce 	<b>17</b> Turkey Divan Brown Rice Glazed Carrots Fresh Pear 	<b>18</b> Corn Chowder Tuna Salad Cucumber Tomato Salad Whole Wheat Tortilla Tropical Fruit 	<b>19</b> Pork Carnitas Cilantro Lime Brown Rice Pinto Beans Capri Veggie Blend Whole Wheat Tortilla Fresh Orange 	<b>20</b> Meatballs & Spaghetti Sauce WG Spaghetti Broccoli Fresh Apple Chocolate Chip Cookie 	<b>21</b> Turkey Breast w/ Gravy Cornbread Dressing Green Peas w/ Red Peppers Whole Wheat Roll Fresh Banana 	<b>22</b> Hungarian Pork Roast Brown Rice Spinach Mixed Fruit 
<b>23</b> Italian Beef/Turkey WG Penne Bake Broccoli WG Garlic Breadstick Fresh Orange Margarine 	<b>24</b> Tilapia w/ Crumb Topping Brown Rice Florentine CA Veggie Blend Fresh Apple 	<b>25</b> Turkey Club Salad (Turkey, Cheddar Cheese, Tomato, Lettuce, Bacon Bits) Whole Wheat Roll Fresh Banana Ranch Salad Dressing 	<b>26</b> Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Mixed Fruit Ketchup/Mustard 	<b>27</b> WG Turkey Tetrizzini Peas and Carrots Mango Strawberry Crisp 	<b>28</b> Pork Roast w/ Onion Gravy Brown Rice Mixed Vegetables Tropical Fruit 	<b>29</b> Creamy Paprika Chicken WG Penne Pasta Brussels Sprouts Fresh Pear 

"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