



SEPTEMBER 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Pork Roast w/ Mushroom Gravy Oven Roasted Potatoes Green Peas Whole Wheat Bread Fresh Orange	2 Vegetable Soup Chicken Salad Lettuce, Tomato German Coleslaw Whole Wheat Bread Applesauce	3  Sloppy Joe Garlic Whipped Potatoes Whole Kernel Corn Hamburger Bun Pineapple Tidbits	4 Chicken Breast Kidney Beans Broccoli & Carrots Whole Wheat Bread Fresh Banana Chef's Dessert	5 Sliced Turkey Breast Cranberry Orange Sauce Mashed Spiced Yams Brussels Sprouts Whole Wheat Bread Fresh Apple	6 Creole Steak Whipped Potatoes Green Beans Whole Wheat Bread Mixed Fruit 	
7 Labor Day  Barbecue Pork Riblet Baked Beans Pineapple Coleslaw Hamburger Bun Hot Diced Apples 	8 Honey Mustard Chicken Brown Rice California Veggie Blend Fresh Orange 	9 Minestrone Soup Tuna Salad Spinach Salad 3-Bean Tomato Salad Whole Wheat Bread Mixed Fruit	10 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Hot Peaches Ranch Salad Dressing 	11 911 Remembrance  Sausage w/ Onions & Peppers Tater Tot Casserole Herbed Green Beans W.W. Hot Dog Bun Fresh Banana Cookie	12 Chicken Fajita Mexican Rice Tortilla Hot Spiced Oranges & Pineapple Taco Sauce 	13 Cheesy Vegetable Bake Spinach Whole Wheat Roll Hot Mixed Fruit 	
14 Turkey Divan Whipped Potatoes Whole Kernel Corn Whole Wheat Bread Fresh Apple 	15  BBQ Chicken Black Beans Stewed Tomatoes Whole Wheat Bread Fresh Orange 	16 Beef Taco Meat Salad Whole Grain Tortilla Fluffy Fruit Salad Taco Sauce	17  Honey Glazed- Turkey Ham Yams  Lima Beans Whole Wheat Bread Fresh Apple	18 Hamburger Patty Lettuce, Tomato Crispy Cubed Potatoes Hamburger Bun Hot Pineapple Tidbits Baked Cookie	19 Baked Chicken Alfredo Sauce Spaghetti Pasta Brussels Sprouts Fruit Cocktail 	20 Beef Chili w/ Beans Mashed Potatoes Baby Carrots Mini Crackers Fresh Orange 	
21 Swedish Meatballs Penne Pasta Broccoli Fresh Apple GRATITUDE	22 Fall Begins Cuban Pork Black Beans & Rice Tuscany Vegetable Blend Whole Wheat Bread Sliced Pears 	23 Corn Chowder Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Raisin Salad Whole Wheat Tortilla Mixed Fruit	24 Country Fried Steak w/ Country Gravy California Veggie Blend Whipped Potatoes Whole Wheat Bread Fresh Orange	25 Breaded Pollock Cheesy Brown Rice Glazed Carrots Tropical Fruit Chef's Dessert Tartar Sauce	26 Hungarian Steak Summer Vegetable Blend Whole Wheat Bread Hot Pineapple Tidbits 	27 Curry Chicken Brown Rice Pilaf Green Beans Fresh Apple 	
28  Glazed Chicken Breast Black Beans Seasoned Spinach Whole Wheat Bread Citrus Fruit 	29 Cheeseburger- Macaroni Bake Green Peas California Veggie Blend Whole Wheat Bread Cinnamon Applesauce	30  Chef Salad Mini Crackers Fresh Banana Ranch Salad Dressing 	<p>Goodbye Summer </p> <p><i>Because food supplies are not certain right now, any changes to the menu are related to foods unavailable at the time. Please know that we appreciate your understanding.</i></p> <p><i>Sincerely, Serving Seniors</i></p>			<p>Hello Fall </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 \$2.00 per meal
MENU SUBJECT TO CHANGE

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