




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	<b>2</b> Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Margarine & Jelly	<b>3</b> Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Tropical Fruit Margarine & Jelly	<b>4</b> Hard Boiled Eggs WG Blueberry Muffin Raisins Tomato Juice	<b>5</b> Turkey Sausage Links Hash Brown Patty Whole Grain Pancakes Pineapple Tidbits Syrup
<b>7</b> Mexican Scrambled Eggs Black Beans WW English Muffin Fresh Orange Jelly	<b>8</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup	<b>9</b> Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine & Jelly	<b>10</b> Egg White Frittata Creamed Spinach WG Blueberry Muffin Mixed Fruit	<b>11</b> WG Breakfast Burrito O'Brien Potatoes Raisins Taco Sauce	<b>12</b> Egg Patty Turkey Sausage Patty Fiesta Vegetable Blend WW English Muffin Diced Pears Peanut Butter
<b>14</b> Egg Patty Turkey Sausage Patty Roasted Diced Potatoes WW English Muffin Tropical Fruit Margarine & Jelly	<b>15</b> Hard Boiled Eggs Black Bean Salad WG Blueberry Muffin Fresh Orange	<b>16</b> Country Sausage Gravy  Whole Grain Biscuit Sweet Potatoes Wedges Pineapple Tidbits	<b>17</b> Spinach Mushroom Scramble Potato Wedges Multi-Grain Bread Diced Pears Ketchup & Jelly	<b>18</b> Egg White Frittata Fiesta Vegetable Blend WG Banana Muffin Fresh Apple	<b>19</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Tropical Fruit
<b>21</b> Mexican Scrambled Eggs Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Margarine & Jelly	<b>22</b> Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend WW Tortilla Pineapple Tidbits	<b>23</b> Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	<b>24</b> Hard Boiled Eggs Black-eyed Pea Salad WG Blueberry Muffin Fresh Orange	<b>25</b> Omelet Creamed Spinach Whole Wheat Bread Applesauce Margarine & Jelly	<b>26</b> Turkey Sausage Patties Hash Brown Patty WW English Muffin Diced Peaches Margarine & Jelly
<b>28</b> Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	<b>29</b> Egg Patty Turkey Sausage Links O'Brien Potatoes Cheerios Raisins	<b>30</b> Hard Boiled Eggs WG Banana Muffin Tropical Fruit Tomato Juice Margarine	<b>31</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges		

**MENU NOTES**

All meals include 8oz of

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

**Menu Subject to Change**

This project is supported by Older American's Act funds by the county of

San Diego Health & Human Services Agency, Aging & Independence Services.

Suggested contribution is \$2.50 per meal.