



# NOVEMBER 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>1</b> <b>Pork Carnitas</b> <b>Black Beans</b> <b>Whole Wheat Tortilla</b> <b>Hot Tropical Fruit</b> 	<b>2</b> <b>Baked Chicken</b> <b>w/ Tomato Basil Sauce</b> <b>Spinach</b> <b>Penne Pasta</b> <b>Mixed Fruit</b> 	<b>3</b> <b>Fall Harvest Turkey Salad</b> <b>Multi-Grain Bread</b> <b>Applesauce</b> <b>Ranch Salad Dressing</b> 	<b>4</b> <b>Chicken Cacciatore</b> <b>Mixed Vegetables</b> <b>Whole Grain Spaghetti</b> <b>Fresh Orange</b> 	<b>5</b> <b>Beef Patty</b> <b>w/ Mushroom Gravy</b> <b>Whipped Potatoes</b> <b>Green Beans</b> <b>Whole Grain Roll</b> <b>Pineapple Tidbits</b> <b>Chef's Dessert</b>	<b>6</b> <b>Baked Chicken</b> <b>w/ Spinach Sauce</b> <b>Orange Carrots</b> <b>Brown Rice</b> <b>Fresh Tangerines</b> 	<b>7</b> <b>Set Clocks Back!</b> <b>Smoked Sausage</b> <b>Stewed Tomatoes</b> <b>Pinto Beans</b> <b>Hot Dog Bun</b> <b>Fresh Apple</b> 	
<b>8</b> <b>Baked Chicken</b> <b>w/ Tzatziki Sauce</b> <b>Dilled Carrots</b> <b>Brown Rice</b> <b>Mixed Fruit</b>	<b>9</b> <b>Beef Patty</b> <b>w/ Brown Gravy</b> <b>Whipped Potatoes</b> <b>Green Peas</b> <b>Whole Wheat Bread</b> <b>Cinnamon Applesauce</b>	<b>10</b> <b>Chef Salad</b> <b>Whole Grain Roll</b> <b>Fresh Banana</b> <b>Ranch Salad Dressing</b> 	<b>11 Veterans Day!</b> <b>Baked Chicken</b> <b>Black Beans</b> <b>Seasoned Spinach</b> <b>Whole Wheat Bread</b> <b>Fresh Orange</b> 	<b>12</b> <b>Beef Santa Fe Stew</b> <b>Shredded Cheese</b> <b>Cut Yams</b> <b>Whole Wheat Bread</b> <b>Hot Tropical Fruit</b> <b>Oatmeal Crème Cookie</b>	<b>13</b> <b>Bean &amp; Cheese Burrito</b> <b>w/ Shredded Cheese</b> <b>Whole Kernel Corn</b> <b>Fiesta Vegetables</b> <b>Fresh Orange</b>	<b>14</b> <b>Breaded Chicken Patty</b> <b>w/ Mornay Sauce</b> <b>Peas &amp; Red Peppers</b> <b>Penne Pasta</b> <b>Fresh Apple</b> 	
<b>15</b> <b>Salisbury Steak</b> <b>w/ Gravy</b> <b>Peas &amp; Carrots</b> <b>Whole Wheat Bread</b> <b>Hot Tropical Fruit</b> 	<b>16</b> <b>Chicken Souvlaki</b> <b>Capri Vegetables</b> <b>Brown Rice</b> <b>Fresh Orange</b> 	<b>17</b> <b>Tomato Basil Soup</b> <b>Sliced Turkey Breast</b> <b>Cheese, Lettuce, Tomato</b> <b>Broccoli Raisin Salad</b> <b>Whole Wheat Bread</b> <b>Fresh Tangerines</b> 	<b>18</b> <b>Barbecue Pork Rib Patty</b> <b>Spinach</b> <b>German Coleslaw</b> <b>W.W. Hamburger Bun</b> <b>Hot Spiced Apples</b> 	<b>19</b> <b>Garlic Fish w/ Dill Sauce</b> <b>California Vegetables</b> <b>Penne Pasta</b> <b>Fresh Banana</b> <b>Chocolate Pudding</b>	<b>20</b> <b>Chicken Stir Fry</b> <b>Mixed Vegetables</b> <b>Brown Rice</b> <b>Pineapple Tidbits</b> <b>Fortune Cookie</b> 	<b>21</b> <b>Sausage w/</b> <b>Onion &amp; Peppers</b> <b>Black Beans</b> <b>Broccoli</b> <b>W.W. Hot Dog Bun</b> <b>Applesauce</b> 	
<b>22</b> <b>Maple Glazed Chicken</b> <b>Brussels Sprouts</b> <b>Cornbread</b> <b>Hot Pineapple Tidbits</b> 	<b>23</b> <b>Swiss Steak</b> <b>Whipped Potatoes</b> <b>Glazed Carrots</b> <b>Whole Wheat Bread</b> <b>Fresh Tangerines</b> 	<b>24</b> <b>Chicken Taco Salad</b> <b>Whole Wheat Tortilla</b> <b>Fresh Orange</b> <b>Ranch Salad Dressing</b> <b>Taco Sauce</b>	<b>25 Thanksgiving!</b> <b>Turkey Breast w/ Gravy</b> <b>Cranberry Sauce</b> <b>Green Beans Almandine</b> <b>Cornbread Dressing</b> <b>Fresh Orange</b> <b>Butterscotch Swirl Pudding</b> 	<b>26</b> <b>Baked Chicken</b> <b>Kidney Beans</b> <b>Coleslaw</b> <b>Brown Rice Florentine</b> <b>Fresh Orange</b> <b>Chef's Dessert</b> 	<b>27</b> <b>Spanish Fish</b> <b>Cauliflower &amp; Peas</b> <b>Lemon Pasta</b> <b>Fresh Banana</b> 	<b>28</b> <b>Breaded Chicken Patty</b> <b>w/ Creole Sauce</b> <b>Cut Yams</b> <b>Whole Wheat Bread</b> <b>Hot Mixed Fruit</b>	
<b>29</b> <b>Turkey Ham</b> <b>w/ Raisin Sauce</b> <b>Broccoli &amp; Cauliflower</b> <b>Confetti Brown Rice</b> <b>Pineapple Tidbits</b> 	<b>30</b> <b>Cheese Omelet</b> <b>Black Beans</b> <b>Fiesta Vegetables</b> <b>Whole Wheat Tortilla</b> <b>Fresh Apple</b> <b>Taco Sauce</b> 						

"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  



 Menu Subject To Change  
 "All meals contain 8 oz milk"