



May 2021 Lunch Menu



 Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Memorial Day BBQ Chicken Whipped Potatoes Mixed Vegetables Hamburger Bun Fresh Orange Rice Krispie Treat	 <p>OLDER AMERICANS MONTH</p>			1 May Day Chicken Fajitas Mixed Vegetables Corn Tortilla Hot Tropical Fruit Taco Sauce	2 Swedish Meatballs Whole Grain Pasta Green Beans w/ Red Peppers Pineapple Tidbits	
3 BBQ Pork Yams W.W. Hamburger Bun Tropical Fruit	4 Oven Fried Chicken Whipped Potatoes Herbed Green Beans Whole Wheat Bread Fresh Banana	5 Cinco de Mayo Beef Taco Fiesta Vegetables Fiesta Corn Corn Tortilla Fresh Apple Taco Sauce	6 San Diego Tuna Salad Bean Salad Whole Grain Crackers Fresh Orange	7 Pork Carnitas Fiesta Vegetables Black Beans Corn Tortilla Cranapplesauce Graham Crackers	8 Smothered Chicken Garlic Whipped Potatoes Green Peas Whole Wheat Bread Sliced Pears	9 Mother's Day Meatloaf w/ Brown Gravy Crispy Cubed Potatoes Broccoli Florets Fruit Cocktail Chocolate Chip Cookies
10 Bourbon-Style Chicken Whipped Potatoes Green Beans Whole Wheat Bread Fresh Apple	11 Turkey Ham & White Beans Brown Rice Spinach Texas Bread Fresh Orange	12 Asian Chicken Salad Whole Grain Crackers Sesame Seed Dressing Raisins	13 Breaded Pollock Brussels Sprouts Hamburger Bun Apple Raisin Compote Tartar Sauce	14 Bruschetta Chicken Tater Tot Casserole California Vegetables Whole Wheat Bread Fresh Banana	15 Sloppy Joe Broccoli W.W. Hamburger Bun Hot Mixed Fruit	16 Cheese Omelet Black Beans Sliced Carrots Corn Tortilla Fresh Orange
17 Meatloaf w/ Brown Gravy Delmonico Potatoes Spinach Whole Wheat Bread Fresh Orange	18 Baked Chicken w/ Jezebel Apple Salsa Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Sliced Peaches	19 Tomato Basil Soup Sliced Turkey Breast Swiss Cheese, Lettuce Herb Potato Salad Whole Wheat Bread Mixed Fruit	20 Honey Glazed Pork Brown Fried Rice Stir Fry Vegetables Fresh Banana	21 BBQ Beef Meatballs Sliced Carrots Hamburger Bun Hot Applesauce Chocolate Chip Cookies	22 Garlic Rosemary Chicken Yams Green Beans Whole Wheat Bread Pineapple Tidbits	23 Beef Chili w/ Beans Shredded Cheese Whole Kernel Corn Broccoli Whole Wheat Roll Fresh Apple
24 Tzatziki Chicken Mixed Vegetable Medley Green Beans Whole Wheat Roll Raisins	25 Hamburger Patty Lettuce & Tomato Crispy Cubed Potatoes W.W. Hamburger Bun Hot Pineapple Tidbits	26 Turkey Club Salad Whole Grain Crackers Fresh Orange Ranch Salad Dressing	27 Chicken Caprese Pasta Florentine Baby Carrots Fresh Banana	28 Honey Glazed- Turkey Ham Whipped Potatoes Green Peas Whole Wheat Bread Pineapple Tidbits Chef's Dessert	29 Swiss Steak Sweet Potatoes Whole Wheat Bread Hot Mixed Fruit	30 Beef Teriyaki Meatballs Brown Rice Broccoli 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 Donation is \$1.00 per meal
MENU SUBJECT TO CHANGE

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

