







# SERVING SENIORS LUNCH MENU DECEMBER 2024


Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> Pork Chile Verde Brown Rice Pinto Beans w/Red Peppers Diced Pears	<b>31 ~New Year's Holiday Meal~</b> Glazed Ham Black-eyed Peas  Seasoned Collard Greens Whole Grain Corn Muffin Fluffy Fruit Salad Margarine					<b>1</b> Pork with Mornay Sauce Mixed Vegetables Whole Wheat Bread Applesauce Margarine
<b>2</b> Salisbury Steak Onion Gravy Delmonico Potatoes Garden Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	<b>3</b> Turkey Breast with Gravy Whole Kernel Corn Green Beans Whole Wheat Roll Strawberry Applesauce Margarine	<b>4</b> White Bean Soup Egg Salad Carrot Raisin Salad Multi-Grain Bread (2) Mixed Fruit	<b>5</b> Tilapia w/Crumb Topping Lima Beans Whole Wheat Roll Fresh Orange Tartar Sauce Margarine Lemon Juice	<b>6</b> Mushroom Patties Romesco Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend WG Mixed Fruit Crisp	<b>7</b> Pork Fried Brown Rice Mixed Vegetables Diced Pears Fortune Cookie	<b>8</b> Chicken Leg Quarter Coconut Curry Brown Rice Broccoli Florets Raisins
<b>9</b> Mini Crab Cakes  WG Scampi Spaghetti Peas and Carrots Mixed Fruit	<b>10</b> <b>Burrito Bowl*</b> <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Raisins Taco Sauce	<b>11</b> <b>Asian Noodle Chicken Salad*</b> <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Fresh Apple Balsamic Vinaigrette	<b>12</b> Turkey Breast with Gravy Lentil Vegetable Pilaf Broccoli Florets Whole Wheat Roll Fresh Orange Margarine	<b>13</b> WG Shrimp Jambalaya Corn Casserole Diced Pears Nutty Buddy Bar	<b>14</b> Chicken Leg Quarter Honey Lime Sauce Sliced Carrots Whole Wheat Bread Mixed Fruit Margarine	<b>15</b> Sweet & Sour Meatballs Brown Rice Mixed Vegetables Diced Peaches
<b>16</b> Vegetarian Lasagna Bake Broccoli Florets WG Garlic Breadstick Raisins	<b>17</b> Apricot Mustard Chicken Brown Rice Florentine California Vegetable Blend Whole Wheat Bread Diced Peaches	<b>18</b> Lentil Soup Turkey & Swiss Lettuce & Tomato Cucumber Tomato Salad Multi-Grain Bread (2) Fresh Apple Mustard	<b>19</b> BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Mixed Fruit	<b>20</b> Hungarian Pork Glazed Carrots Whole Wheat Roll Diced Pears Fig Bar Cookie Margarine	<b>21</b> Swiss Steak Confetti Brown Rice Green Beans Diced Peaches	<b>22</b> Beer Battered Cod  Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Fresh Orange Taco Sauce
<b>23</b> Pork Carnitas Cilantro Lime Brown Rice Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce Margarine	<b>24</b> <b>Chef Salad*</b> <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Romaine Lettuce, and Carrots</i> Whole Wheat Roll Diced Peaches Ranch Salad Dressing Margarine	<b>25 ~Christmas Holiday Meal~</b> Roast Beef with Gravy Scalloped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit Brownie Margarine	<b>26</b> Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Strawberry Applesauce Tartar Sauce Lemon Juice	<b>27</b> Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Fresh Orange Oatmeal Raisin Cookie	<b>28</b> Meatloaf with Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit Margarine	<b>29</b> BBQ Pork Rib Patty  Baked Beans WW Hamburger Bun Applesauce

### MENU NOTES

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

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

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.

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