



SERVING SENIORS LUNCH MENU JUNE 2024


Gary and Mary West Senior Wellness Center

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Turkey Breast with Gravy Cornbread Dressing Green Peas Whole Wheat Roll Tropical Fruit Margarine	2 Hungarian Pork Roast Brown Rice Mixed Vegetables Mixed Fruit
3 Tofu Bolognese Whole Grain Penne Pasta Broccoli Florets WG Garlic Breadstick Fresh Apple Margarine	4 Tilapia w/Crumb Topping Organic Farro Pilaf California Vegetable Blend Pineapple Tidbits Lemon Juice Packet	5 Turkey Club Salad* <i>*Turkey, Cheese, Tomato, Lettuce, and Bacon Bits</i> Whole Wheat Roll Fresh Banana Blue Cheese Dressing Margarine	6 Hamburger Patty Lettuce & Tomato Ranch Beans WW Hamburger Bun Mixed Fruit Ketchup Mustard	7 WG Turkey Tetrazzini Peas and Carrots Mango Strawberry Crisp	8 Pork Roast w/Onion Gravy Brown Rice Mixed Vegetables Applesauce	9 Creamy Paprika Chicken Whole Grain Penne Pasta Brussels Sprouts Pears
10 Potato Crusted Pollock WW Seasoned Couscous Garden Vegetable Blend Fresh Orange Tartar Sauce Lemon Juice Packet	11 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato</i> Pears Taco Sauce	12 Split Pea Soup Sliced Turkey & Provolone Lettuce & Tomato Apple Broccoli Salad WG Hamburger Bun Mixed Fruit Mustard	13 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Pineapple Tidbits Margarine	14 BBQ Chicken WG Macaroni & Cheese Seasoned Collard Greens Mandarin Oranges Oatmeal Raisin Cookie	15 Sweet & Sour Meatballs Brown Fried Rice Green Beans w/Red Peppers Peaches	16 ~Father's Day~ Pork Roast with Gravy Twice Whipped Potatoes Mixed Vegetables Whole Wheat Roll Applesauce Double Chocolate Chip Cookie Margarine
17 Salisbury Steak with Gravy Brown Rice Peas and Carrots Pears	18 Baked Chicken Leg Quarter Bruschetta Sauce Whole Rotini Pasta Collard Greens Fresh Apple	19 Minestrone Soup  WG Krab Mac Salad Black-eyed Pea Salad Fresh Banana	20 BBQ Pork Rib Patty Corn O'Brien WW Hamburger Bun Hot Spiced Apples	21 Vegetarian Bean Chili Broccoli Florets Whole Grain Crackers Pineapple Tidbits Fudge Brownie	22 Baked Chicken Leg Quarter Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Fresh Orange	23 Baked Meatballs with Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Pears Margarine
24 Potato Crusted Pollock Confetti Brown Rice Black-eyed Peas Pineapple Tidbits Tartar Sauce Lemon Juice Packet	25 Sloppy Joe Whole Kernel Corn Coleslaw Whole Wheat Hamburger Pears	26 Swedish Meatballs Whole Grain Rotini Pasta Capri Vegetable Blend Fresh Orange	27 Lentil Soup Hummus Wrap* <i>*Hummus, Feta, Lettuce, Tomato, Onion, & WW Tortilla</i> Rainbow Carrot Salad Fresh Banana	28 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend <i>*WG Biscuit in Entrée</i> Fresh Apple Chocolate Chip Cookie	29 Szechuan Pork Brown Rice Broccoli Florets Pears	30 BBQ Chicken WG Macaroni & Cheese Seasoned Collard Greens Mandarin Oranges

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.