



# 2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 <b>Lentil Soup</b> Turkey Breast & Swiss Lettuce & Tomato Cucumber & Tomato Salad Multi Grain Bread Fresh Banana, Mustard	2 <b>Potato Crusted Fish</b> Garden Veggie Blend Whole Wheat Bread Peach Crisp Tartar Sauce Margarine	3 <b>Hungarian Pork</b> Oven Roasted Potatoes Brussels Sprouts Whole Wheat Roll Fresh Pear, Margarine Fig Bar Cookie	4 <b>Sweet &amp; Sour Meatballs</b> Confetti Brown Rice Green Beans Fresh Apple	5 <b>Lemon Pepper Chicken</b> Black Beans Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
6 <b>Meatloaf with Gravy</b> Garlic Whipped Potatoes Glazed Carrots Whole Wheat Bread Mixed Fruit Margarine	7 <b>Pork Carnitas</b> Cilantro Lime Brown Rice Corn O'Brien WW Tortilla Fresh Pear Taco Sauce	8 <b>Chef Salad</b> (Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, Carrots) Whole Wheat Roll Tropical Fruit Ranch Dressing, Margarine	9 <b>Ten Grain Pollock</b> CA Veggie Blend Multi Grain Bread Fresh Banana Tartar Sauce Margarine	10 <b>BBQ Pork Rib Patty</b> Baked Beans WW Hamburger Bun Fresh Orange Oatmeal Raisin Cookie	11 <b>Mediterranean Chicken</b> Leg Quarter Brown Rice Pilaf Green Beans Pineapple Tidbits	12 <b>Swedish Meatballs</b> WG Penne Pasta Garden Veggie Blend Fresh Apple
13 <b>Pork Chile Verde</b> Brown Rice Pinto Beans w/ Red Peppers Fresh Pear	14 <b>Chicken Cacciatore</b> WG Penne Pasta Spinach Applesauce	15 <b>Garden Veggie Soup</b> Tuna Salad Cucumber Salad WW Hamburger Bun Fresh Banana	16 <b>Creamy Chicken Tikka</b> Coconut Brown Rice Broccoli Florets Peaches	17 <b>Pork Roast w/ Brown Gravy</b> Scalloped Potatoes Green Peas Whole Wheat Bread Applesauce Margarine	18 <b>Turkey Breast w/ Gravy</b> WG Macaroni & Cheese Glazed Carrots Fresh Orange	19 <b>Baked Chicken Leg Qtr</b> Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit
20 <b>Pesto Chicken</b> WG Rotini Pasta Ratatouille Pineapple Tidbits	21 <b>Apple Glazed Pork Loin</b> Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches Margarine	22 <b>Hamburger Patty</b> Lettuce & Tomato Tater Tots WW Hamburger Bun Mixed Fruit Crisp Ketchup/Mustard	<b>23 Thanksgiving</b> Turkey Breast w/ Gravy Cornbread Dressing Green Beans Amandine Whole Wheat Roll Fresh Orange, Margarine Pumpkin Pie	24 <b>Potato Crusted Fish</b> WW Seasoned Couscous Collard Greens Fresh Pear Chocolate Chip Cookie Tartar Sauce	25 <b>Beef Chili w/ Beans</b> Whole Kernel Corn Whole Wheat Roll Fresh Orange Margarine	26 <b>Swiss Steak</b> Brown Rice Florentine Mixed Veggies Tropical Fruit
27 <b>Coconut Curry Chicken</b> Brown Rice Broccoli Florets Fresh Pear	28 <b>Salisbury Steak</b> Onion Gravy Delmonico Potatoes Green Peas Whole Wheat Roll Fresh Apple, Margarine	29 <b>White Bean Soup</b> Chicken Salad Carrot Raisin Salad Multi Grain Bread Fresh Banana	30 Tilapia w/ Crumb Topping Lima Beans Whole Wheat Roll Fresh Orange Tartar Sauce Margarine	  		

"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 \$2.50 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 • Sesame

"All meals contain 8 oz milk"



Menu Subject To Change