



## LUNCH Menu December 2025

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
<b>1</b> Chicken Breast Meat Mediterranean Sauce Whole Grain Rotini Pasta Green Beans Mixed Fruit	<b>2</b> Pork Chile Verde Pinto Beans Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce	<b>3</b> <b>Chef Salad*</b> <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Whole Grain Corn Muffin Tropical Fruit Ranch Dressing & Margarine	<b>4</b> Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Coleslaw Strawberry Applesauce Tartar Sauce & Lemon Juice	<b>5</b> Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Cauliflower Fresh Orange Oatmeal Raisin Cookie	<b>6</b> Meatloaf Brown Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit	<b>7</b> BBQ Pork Rib Patty BBQ Sauce Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Applesauce
<b>8</b> Diced Pork Dijonnaise Sauce Brown Rice Green Peas Sliced Carrots Diced Pears	<b>9</b> Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Honey Lime Corn Salad Mixed Fruit	<b>10</b> Cream of Tomato Soup Tuna Salad Cucumber Salad Carrot Raisin Salad Whole Grain Hamburger Bun Pineapple Tidbits	<b>11</b> Vegetarian Meat Sauce Whole Grain Spaghetti Broccoli Florets Cauliflower Raisins	<b>12</b> Beef Patty Lettuce & Tomato Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	<b>13</b> Chicken Thigh Meat Alfredo Sauce Whole Grain Penne Pasta Sliced Carrots Brussels Sprouts Raisins	<b>14</b> Salisbury Steak w/Onion Gravy Brown Rice Pilaf Mixed Vegetables Whole Wheat Roll Diced Pears Margarine
<b>15</b> Orange Chicken Whole Grain Spaghetti Green Beans Mandarin Oranges	<b>16</b> Pork Parmesan Whole Grain Penne Pasta White Beans with Arugula Multi-Grain Bread Diced Peaches Margarine	<b>17</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Baked Tortilla Chips Strawberry Applesauce Taco Sauce & Ranch Dressing	<b>18</b> Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Sweet Plantains Mixed Fruit	<b>19</b> Salmon Patty Dill Sauce Brown Rice Glazed Carrots Diced Pears Chocolate Chip Cookie	<b>20</b> Whole Grain Bean & Cheese Burrito Enchilada Sauce Green Peas Fiesta Corn Tropical Fruit	<b>21</b> Diced Pork Mornay Sauce Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Margarine
<b>22</b> Italian Beef & Turkey Whole Grain Penne Bake Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	<b>23</b> White Bean Soup Egg Salad Cucumber Salad Carrot Raisin Salad Multi-Grain Bread Diced Pears	<b>24</b> Tilapia with Crumb Topping Confetti Brown Rice Black-eyed Peas Coleslaw Whole Wheat Roll Fresh Orange Margarine Tartar Sauce & Lemon Juice	<b>25 ~ Christmas Holiday Meal ~</b> Roast Beef Brown Gravy Scalloped Potatoes Green Beans Amandine Whole Wheat Roll Ambrosia Fruit Salad Margarine	<b>26</b> Chicken Breast Meat Bruschetta Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend Mixed Fruit Crisp	<b>27</b> Pork Fried Rice Mixed Vegetables Tropical Fruit Whole Wheat Roll Fortune Cookie	<b>28</b> Chicken Breast Meat Coconut Curry Sauce Brown Rice Broccoli Florets Cauliflower Raisins
<b>29</b> Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	<b>30</b> Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	<b>31 ~ New Year's Eve Meal ~</b> Roasted Turkey Breast Poultry Gravy Lentil Vegetable Pilaf Whole Wheat Roll Fresh Orange			<b>Holiday Schedule</b> <b>Christmas Eve, Wed, Dec 24</b> Open: 8:00 am - 2:00pm Two lunches: 11:00am, 12:15pm Breakfast: 8am-9am	
					<b>Christmas, Thurs, Dec 25</b> Open: 10:00 am - 2:00pm Two lunches: 11:00am, 12:15pm No Breakfast	

### MENU NOTES

All meals include 8oz of milk

Denotes Sodium ≥1000mg

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

Menu Subject to Change

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.