



June 2022

Lunch Menu

Denotes meal more than or equal to 1000 mg of sodium



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Chef Salad Whole Wheat Roll Fresh Banana Ranch Salad Dressing 	2 Beef Patty Lettuce and Tomato Corn O'Brien WW Hamburger Bun Hot Spiced Apples Mustard	3 Jamaican Chicken Thigh Brown Coconut Rice Plantains Tropical Fruit Dessert 	4 WG Tuna Noodle Casserole Sliced Carrots Mixed Fruit Crisp 	5 Roasted Pork Roast Onion Gravy Brown Rice CA Veggie Blend Applesauce
6 Chicken Cacciatore Whole Grain Penne Pasta Brussels Sprouts Pineapple Tidbits 	7 Salisbury Steak w/ Gravy Whipped Potatoes Green Beans Whole Wheat Bread Fresh Apple Margarine 	8 Minestrone Soup Turkey and Swiss Lettuce and Tomato Three Bean Salad Multi-Grain Bread Fresh Orange Mustard 	9 Sweet and Sour Pork Confetti Brown Rice CA Veggie Blend Fresh Banana	10 Creamy Paprika Chicken Thigh Whole Grain Penne Pasta Broccoli Fresh Apple Dessert 	11 Meatballs with Gravy Whipped Potatoes Mixed Vegetables Multi-Grain Bread Diced Peaches Margarine 	12 Honey Balsamic Chicken Cut Yams Corn O'Brien Whole Wheat Roll Fresh Pear Margarine
13 BBQ Pork Rib Patty Seasoned Collard Greens WW Hamburger Bun Hot Spiced Apples 	14 Swedish Turkey Meatballs Whole Grain Penne Pasta Broccoli Fresh Banana 	15 Aztec Bean Salad Whole Wheat Roll Pineapple Tidbits Ranch Salad Dressing Margarine 	16 Fiesta Chicken Thigh Mexican Brown Rice Fiesta Veggie Blend Applesauce 	17 Roast Beef w/ Gravy Whipped Potatoes CA Veggie Blend Whole Wheat Roll Diced Peaches Chocolate Chip Cookie Margarine	18 Lemon Pepper Chicken Scalloped Potatoes Green Peas Whole Wheat Roll Fresh Orange Margarine 	19 Father's Day! Swiss Steak Whole Kernel Corn Brussels Sprouts Multi-Grain Bread Diced Peaches Margarine
20 General Tso's Chicken Brown Rice Broccoli Fresh Apple 	21 Salisbury Steak w/ Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Pineapple Tidbits Margarine	22 Garden Vegetable Soup Chicken Salad German Coleslaw Multi-Grain Bread Fresh Orange 	23 Lemon Pepper Fish Edamame Corn O'Brien Multi-Grain Bread Fresh Apple Margarine, Tartar Sauce	24 Sloppy Joe Tater Tots WW Hamburger Bun Hot Glazed Peaches Ketchup 	25 Pork Loin w/ Gravy Garlic Whipped Potatoes Green Beans Multi-Grain Bread Applesauce Margarine 	26 Turkey A La King Brown Rice Peas and Carrots Mixed Fruit
27 Beef Spaghetti Sauce Whole Grain Penne Pasta Broccoli Fresh Banana 	28 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Applesauce 	29 Turkey Club Salad Whole Wheat Roll Tropical Fruit Ranch Salad Dressing Margarine 	30 Pork Roast Jezebel Apple Salsa Brussels Sprouts Whole Wheat Bread Hot Spiced Apples 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 \$1.00 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
"All meals contain 8 oz milk"



Menu Subject To Change