


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Mexican Scrambled Eggs Roasted Diced Potatoes Whole Wheat Bread Oatmeal Diced Peaches Margarine & Jelly	2 Black Beans Egg Patty Shredded Cheese Stewed Tomatoes Fajita Vegetable Blend Whole Wheat Tortilla Pineapple Tidbits	3 Country Sausage Gravy Whole Grain Biscuit O'Brien Potatoes Tropical Fruit	4 Hard Boiled Eggs Black-eyed Pea Salad WG Blueberry Muffin Fresh Orange	5 Omelet Creamed Spinach Whole Wheat Bread Applesauce Margarine & Jelly	6 Turkey Sausage Patties Hash Brown Patty WW English Muffin Diced Peaches Margarine & Jelly
8 Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	9 Egg Patty Turkey Sausage Links O'Brien Potatoes Cheerios Raisins	10 Hard Boiled Eggs WG Banana Muffin Tropical Fruit Tomato Juice Margarine	11 Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Mandarin Oranges	12 Turkey Ham Roasted Sweet Potatoes WG Blueberry Muffin Pineapple Tidbits Margarine	13 Omelet Creamed Spinach Multi-Grain Bread Diced Peaches Margarine & Jelly
15 Hard Boiled Eggs Black Bean Salad WG Banana Muffin Fresh Orange	16 Omelet Garlic Spinach WW English Muffin Diced Pears Margarine & Jelly	17 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Waffles Pineapple Tidbits Margarine & Syrup	18 WG Breakfast Burrito Sweet Potato Wedges Applesauce	19 Black Beans Egg Patty Fajita Vegetable Blend Whole Wheat Tortilla Diced Peaches	20 Turkey Ham Sliced Swiss Cheese Roasted Sweet Potatoes WW English Muffin Tropical Fruit
22 Egg Patties Fajita Vegetable Blend Whole Grain Waffles Raisins Syrup	23 Chile Relleno Breakfast Casserole Black Beans Whole Grain Corn Muffin Mandarin Oranges	24 Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Margarine & Jelly	25 Spinach Mushroom Scramble O'Brien Potatoes Whole Wheat Bread Fresh Apple Margarine & Jelly	26 Hard Boiled Eggs WG Blueberry Muffin Raisins Tomato Juice	27 Turkey Sausage Links Roasted Diced Potatoes Whole Grain Pancakes Pineapple Tidbits Syrup
29 Mexican Scrambled Eggs Black Beans WW English Muffin Fresh Orange Margarine & Jelly	30 Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Applesauce Syrup				

MENU NOTES

All meals include 8oz of

 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.