




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>  Turkey Sausage Links Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	<b>3</b> Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	<b>4</b> Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Jelly	<b>5</b> Crustless Spinach Mushroom Quiche O'Brien Potatoes Whole Wheat Bread Diced Peaches Margarine & Jelly	<b>6</b> Hard Boiled Eggs WG Blueberry Muffin Fresh Apple Tomato Juice	<b>7</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
<b>9</b> Mexican Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Margarine & Jelly	<b>10</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	<b>11</b> Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine & Jelly	<b>12</b> Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit	<b>13</b> WG Breakfast Burrito O'Brien Potatoes Diced Peaches Taco Sauce	<b>14</b> Egg Patty Turkey Sausage Patty Sliced Cheddar Cheese Fajita Vegetables WW English Muffin Fresh Apple Margarine & Jelly
<b>16</b> Hard Boiled Eggs Chick Pea Salad Whole Wheat Bread Fresh Orange Jelly	<b>17</b> Turkey Sausage Patties Roasted Diced Potatoes Whole Grain Pancakes Mixed Fruit Syrup	<b>18</b> Cheese Omelet Garlic Spinach Whole Wheat Bread Diced Pears Margarine & Jelly	<b>19</b> Mexican Scrambled Eggs Fiesta Vegetable Blend Multi-Grain Bread Raisins Jelly	<b>20</b> Egg White Frittata Oven Roasted Potatoes Whole Grain Biscuit Strawberry Applesauce Jelly	<b>21</b> Turkey Ham Sliced Cheddar Cheese Roasted Sweet Potatoes WW English Muffin Pineapple Tidbits
<b>23</b> Scrambled Eggs O'Brien Potatoes Oatmeal Diced Peaches	<b>24</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Applesauce	<b>25</b> Crustless Spinach Mushroom Quiche Potato Wedges Whole Wheat Bread Fresh Orange Margarine, Jelly, Ketchup	<b>26</b> Country Sausage Gravy Whole Grain Biscuit Roasted Sweet Potatoes Diced Pears	<b>27</b> Egg White Frittata Fiesta Vegetable Blend Whole Grain Biscuit Fresh Apple Jelly	<b>28</b> Turkey Sausage Links Egg Patty Fajita Vegetable Blend WW English Muffin Diced Peaches Margarine & Jelly
<b>30</b> Cheesy Scrambled Eggs Roasted Sweet Potatoes Cheerios Diced Peaches	<b>21</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Mixed Fruit				

**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.