







Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Greek Pastitsio (Greek Beef Pasta Bake) Brussels Sprouts Peach Crisp	2 Pork Fried Brown Rice Mixed Vegetables Pineapple Tidbits Fortune Cookie	3 Turkey Breast w/ Gravy Garlic Whipped Potatoes Green Beans Whole Wheat Roll Applesauce Margarine
4 Parmesan Crusted Tilapia WG Penne Florentine Peas and Carrots Cranberry Applesauce	5 <b>Burrito Bowl</b> (Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato) Peaches Taco Sauce	6 Asian Chicken Noodle Salad (Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing) Fresh Apple Balsamic Vinaigrette	7 Pork Roast w/ Onion Gravy Brown Rice Capri Veggie Blend Fresh Orange	8 Sloppy Joe Broccoli Florets WW Hamburger Bun Fresh Banana Nutty Buddy Bar	9 Honey Lime Chicken Crispy Cubed Potatoes Sliced Carrots Whole Wheat Bread Fresh Pear Margarine	10 Creole Beef Brown Rice Green Peas Tropical Fruit
11 Veg. Be'f Lasagna Bake Broccoli Florets WG Garlic Breadstick Pineapple Tidbits	12 Potato Crusted Fish Garden Veggie Blend Whole Wheat Bread Peach Crisp Tartar Sauce Margarine	13 Lentil Soup Turkey Breast & Swiss Cheese Lettuce & Tomato Cucumber & Tomato Salad Multi-Grain Bread Fresh Banana, Mustard	14 WG Popcorn Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit BBQ Sauce	15 Hungarian Pork Oven Roasted Potatoes Brussels Sprouts Whole Wheat Roll Fresh Pear Fig Bar Cookie Margarine	16 Sweet & Sour Meatballs Confetti Brown Rice Green Beans Fresh Apple	17 Lemon Pepper Chicken Black Beans Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
18 Meatloaf w/ Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Bread Mixed Fruit Margarine	19 Pork Carnitas Cilantro Lime Brown Rice Corn O'Brien Whole Wheat Tortilla Fresh Pear Taco Sauce	20 Chef Salad Whole Wheat Roll Tropical Fruit Ranch Salad Dressing Margarine	21 Ten Grain Pollock CA Veggie Blend Multi-Grain Bread Fresh Banana Tartar Sauce Margarine	22 Pork Chile Verde Brown Rice Pinto Beans w/ Red Peppers Fresh Pear	23 Mediterranean Chicken Leg Quarter Brown Rice Pilaf Green Beans Pineapple Tidbits	24 Swedish Meatballs WG Penne Pasta Garden Veggie Blend Fresh Apple
25 <b>Christmas</b> Roast Beef w/ Gravy Scalloped Potatoes Green Beans w/ Red Peppers, Whole Wheat Roll, Fresh Banana Oatmeal Crème Cookie	26 Chicken Cacciatore WG Penne Pasta Spinach Applesauce	27 Creamy Chicken Tikka Coconut Brown Rice Broccoli Florets Peaches	28 Garden Veggie Soup Tuna Salad Cucumber Salad WW Hamburger Bun Fresh Banana	29 Swiss Steak Brown Rice Florentine Mixed Vegetables Tropical Fruit	30 Turkey Breast w/ Gravy WG Macaroni & Cheese Glazed Carrots Fresh Orange	31 <b>New Year's Eve</b> Glazed Ham Black-eyed Peas Steamed Cabbage WG Corn Muffin Fluffy Fruit Salad 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