







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
		1 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Baked Tortilla Chips Fresh Orange Taco Sauce Ranch Salad Dressing	2 Apple Cranberry Chicken Whole Wheat Couscous Brussels Sprouts Applesauce	3 Independence Day Special All Beef Hot Dog  Ranch Beans  Whole Grain Hot Dog Bun Whole Grain Mixed Fruit Crisp	4 Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	5 Pork Parmesan Whole Grain Spaghetti White Beans with Arugula Green Peas Pineapple Tidbits
6 WG Bean & Cheese Burrito Enchilada Sauce Chuckwagon Corn Green Beans, Tomato & Onion Raisins Milk	7 WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Milk	8 Cream of Broccoli Soup Turkey & Swiss Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Milk	9 Baked Chicken Breast Lemon Scarpariello Sauce Whole Grain Rotini Lima Beans California Vegetable Blend Fresh Apple Milk	10 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Milk	11 Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits Milk	12 WG Shrimp Jambalaya Whole Kernel Corn Steamed Cabbage Whole Wheat Roll Fresh Orange Milk
13 Dijonnaise Chicken Brown Rice Creamed Spinach Stewed Tomatoes Diced Peaches Milk	14 Turkey a la King Whole Grain Egg Noodles Whole Kernel Corn Broccoli Florets Mixed Fruit Milk	15 Asian Noodle Chicken Salad* <i>*Diced Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds</i> Milk Balsamic Vinaigrette Fresh Orange	16 General Tso Pork Brown Rice Green Peas Whole Wheat Roll Cucumber Salad Applesauce Milk	17 WG Potato-Crusted Pollock Dill Sauce Glazed Carrots Broccoli Florets Whole Wheat Bread Mixed Fruit White ChocolateMacadamia Nut Cookie Milk	18 Beef Patty Mushroom Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Roll Diced Pears Milk	19 Caribbean Chicken Coconut Brown Rice Plantains Green Beans w/Red Peppers Whole Grain Corn Muffin Raisins Milk
20 Creole Beef Lentil Vegetable Pilaf Herbed Carrots Multi-Grain Bread Mixed Fruit Milk	21 Tilapia Vera Cruz Confetti Brown Rice Mixed Vegetables Whole Wheat Roll Fresh Apple Milk	22 Lentil Soup Egg Salad Chickpea Salad Whole Wheat Bread Diced Peaches Milk	23 Vegetarian Tamale Pie Fiesta Corn Capri Vegetable Blend Whole Wheat Bread Pineapple Tidbits Milk	24 <i>New!</i> Roasted Garlic Marsala Chicken Whole Grain Rotini California Vegetable Blend Green Beans Whole Wheat Roll Raisins Chocolate Chip Cookie Milk	25 Roasted Turkey Breast w/Gravy Brown Rice Broccoli Florets Beet Salad Diced Pears Milk	26 Chicken and Biscuit Scalloped Tomatoes Peas and Carrots Tropical Fruit Milk
27 Szechuan Pork Brown Rice Broccoli Florets Asian Vegetable Blend Multi-Grain Bread Raisins Milk	28 Hungarian Chicken Whole Grain Rotini Glazed Carrots Cabbage Whole Wheat Bread Fresh Orange Milk	29 Thai Chicken Salad* <i>*Diced Chicken, Whole Grain Penne, Sugar Snap Peas, Cabbage, Carrots</i> Cucumber Salad Diced Peaches Milk	30 BBQ Chicken plantains Red & White Slaw Whole Wheat Hamburger Bun Fresh Apple Milk	31 Parmesan Crusted Tilapia Brown Rice  Green Peas & Onion Sliced Carrots Whole Wheat Roll Mixed Fruit Sugar Cookie Milk		

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.