



October 2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Halloween! Beef Cabbage Roll Chunky Tomato Meat Sauce Whipped Potatoes Corn O'Brien Whole Wheat Roll Peach Crisp					1 Salisbury Steak Brown Gravy Oven Roasted Potatoes Broccoli, Fresh Pear Whole Wheat Roll Margarine	2 Honey Mustard Chicken Whole Kernel Corn Brussels Sprouts Multi-Grain Bread Peaches Margarine
3 Ten-Grain Pollock White Beans w/ Arugula Glazed Carrots Whole Wheat Bread Mixed Fruit Tartar Sauce Margarine	4 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Taco Sauce	5 Asian Chicken Noodle Salad (Chicken, Cabbage, WG Spaghetti, Sugar Snap Peas, Green Onion, Asian Dressing) Fresh Banana	6 Meatloaf with Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Margarine	7 Mediterranean Chicken WG Rotini Pasta Green Beans Pineapple Tidbits Oatmeal Raisin Cookie	8 BBQ Pork Rib Patty Seasoned Collard Greens WW Hamburger Bun Hot Spiced Apples	9 Swedish Meatballs WG Penne Pasta Garden Veggie Blend Fresh Orange
10 Pork Chile Verde Brown Rice Pinto Beans w/ Red Peppers Tropical Fruit	11 Chicken Cacciatore Leg Quarter WG Penne Pasta Spinach Fresh Orange	12 Tomato Basil Soup Tuna Salad Cucumber Salad WW Hamburger Bun Pineapple Tidbits	13 Creamy Chicken Tikka Coconut Brown Rice Broccoli Fresh Banana	14 Sloppy Joe Whole Kernel Corn WW Hamburger Bun Peach Crisp	15 Pineapple Glazed Turkey Ham WG Macaroni & Cheese Mixed Vegetables Cranapplesauce	16 Swiss Steak Brown Rice Florentine Glazed Carrots Fresh Pear
17 Pesto Chicken WG Rotini Pasta Ratatouille Pineapple Tidbits	18 Apple Glazed Pork Loin Twice Whipped Potatoes Glazed Carrots Whole Wheat Bread Peaches Margarine	19 Beef & Turkey Taco Salad Whole Wheat Tortilla Fresh Pear Taco Sauce Ranch Salad Dressing	20 Baked Chicken Leg Quarter Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit	21 Potato Crusted Fish WW Seasoned Couscous Green Peas Fresh Banana Carnival Cookie Tartar Sauce	22 Beef Chili w/ Beans Brown Rice Corn O'Brien Fresh Orange	23 Pork Roast w/ Brown Gravy Scalloped Potatoes Spinach, Applesauce Whole Wheat Bread Margarine
24 Coconut Curry Chicken Brown Rice Broccoli Fresh Orange	25 Salisbury Steak Onion Gravy Delmonico Potatoes Green Peas, Fresh Banana Whole Wheat Roll Margarine	26 Minestrone Soup Chicken Salad Copper Pennies Multi-Grain Bread Strawberry Glaze Fruit	27 Tilapia w/ Crumb Topping Confetti Brown Rice Black Beans Pineapple Tidbits Tartar Sauce	28 Greek Pastitsio (Greek Beef Pasta Bake) Brussels Sprouts Peach Crisp	29 Pork Fried Brown Rice Mixed Vegetables Tropical Fruit	30 Honey Glazed Turkey Ham Cut Yams Green Beans Whole Wheat Bread Fresh Apple 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