



2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Potato Crusted Fish Confetti Brown Rice Lima Beans Mandarin Oranges Chocolate Chip Cookie Tartar Sauce	2 Turkey Breast w/ Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Pineapple Tidbits Margarine	3 Beef w/ Gravy, Onions, & Peppers Brown Rice CA Veggie Blend Fresh Orange
4 Independence Day! Hamburger Patty Lettuce & Tomato Corn O'Brien WW Hamburger Bun Apple Crisp Mayonnaise Mustard	5 Turkey Breast w/ Gravy Mashed Spiced Yams Green Peas Whole Wheat Roll Mixed Fruit Margarine	6 Garden Vegetable Soup Chicken Salad German Coleslaw Whole Wheat Bread Fresh Banana	7 Pork Stir Fry Cilantro Lime Brown Rice Mediterranean Veggie Blend Pineapple Tidbits	8 Potato Crusted Fish Lima Beans Glazed Carrots Whole Wheat Bread Tropical Fruit, Tartar Sauce Chocolate Chip Cookie Margarine	9 Salisbury Steak Brown Gravy Oven Roasted Potatoes Broccoli Whole Wheat Roll Fresh Pear Margarine	10 Honey Mustard Chicken Whole Kernel Corn Brussels Sprouts Multi-Grain Bread Peaches Margarine
11 Pork Roast Mushroom Gravy Whipped Potatoes Peas and Carrots Multi-Grain Bread Applesauce Margarine	12 Tilapia w/ Crumb Topping Confetti Brown Rice Green Beans Mixed Fruit	13 Turkey Club Salad Whole Wheat Roll Strawberry Glazed Fruit Ranch Salad Dressing Margarine	14 Baked Chicken Ginger Scallion Sauce Brown Rice Florentine Sliced Carrots Mixed Fruit Dessert	15 Meatballs & Spaghetti Sauce Whole Grain Spaghetti Broccoli Fresh Banana	16 Turkey Breast w/ Gravy Cornbread Dressing Brussels Sprouts Whole Wheat Roll Fresh Apple Margarine	17 Creole Beef Whipped Potatoes Lima Beans Whole Wheat Roll Pineapple Tidbits Margarine
18 BBQ Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit	19 Swiss Steak Wild Rice Capri Veggie Blend Mandarin Oranges	20 French Bistro Turkey Salad Whole Wheat Roll Fresh Banana Margarine	21 Baked Chicken Onion Gravy Garlic Whipped Potatoes Peas and Carrots Whole Wheat Bread Fresh Apple, Margarine	22 Potato Crusted Fish Whole Kernel Corn Broccoli, Fresh Pear Whole Wheat Roll Dessert Margarine, Tartar Sauce	23 Szechuan Pork Brown Rice Green Beans Tropical Fruit	24 Beef Italiano Whole Grain Penne Pasta Mixed Vegetables Pineapple Tidbits
25 Meatloaf Onion Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear, Margarine	26 Chicken Fried Brown Rice Mixed Vegetables Tropical Fruit	27 Minestrone Soup Tuna Salad Cucumber Tomato Salad Multi-Grain Bread Pineapple Tidbits	28 Chicken Cacciatore Whole Grain Penne Pasta CA Veggie Blend Fresh Orange	29 Sweet & Sour Meatballs Corn O'Brien Lima Beans Whole Wheat Roll Peaches Dessert, Margarine	30 Pork Roast Jezebel Apple Salsa Brown Rice Peas and Red Peppers Fresh Banana	31 Salisbury Steak Brown Gravy Whipped Potatoes Capri Veggie Blend Whole Wheat Bread Fruit Cocktail, 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