



2023 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Baked Chicken Ginger Scallion Sauce Brown Rice Florentine Sliced Carrots Tropical Fruit Oatmeal Crème Cookie	2 Turkey Breast w/ Gravy Whole Kernel Corn Brussels Sprouts Whole Wheat Roll Fresh Pear Margarine	3 Pork Roast Brown Gravy Brown Rice Peas & Carrots Applesauce
4 Labor Day! BBQ Pork Rib Patty Baked Beans Potato Salad WW Hamburger Bun Mixed Fruit Crisp 	5 Swiss Steak Wild Rice Garden Veggie Blend Fresh Apple	6 Beef & Turkey Taco Salad* (Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots) Whole Wheat Tortilla Fresh Banana	7 Baked Chicken Lemon Scarpanello Sauce Whole Grain Rotini Peas & Carrots Fresh Orange	8 Potato Crusted Fish Corn O'Brien Whole Wheat Roll Pear Crisp Margarine Tartar Sauce	9 Szechuan Pork Brown Rice Green Beans Tropical Fruit	10 Beef Italiano Whole Grain Penne Garden Veggie Blend Pineapple Tidbits
11 Meatloaf Brown Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple Margarine	12 Chicken Cacciatore Whole Grain Penne Brussels Sprouts, Corn, Carrots Fresh Pear	13 Minestrone Soup Tuna Salad Black-eyed Pea Salad Multi-Grain Bread Fresh Orange	14 Chicken Fried Brown Rice Sweet & Sour Red Cabbage Pineapple Tidbits Fortune Cookie	15 Swedish Meatballs WG Egg Noodles Broccoli Cuts and Carrots Fresh Banana Chocolate Chip Cookie	16 Pork Roast Apple Cider Mustard Glaze Brown Rice Peas and Red Peppers Peaches	17 Jamaican Chicken Coconut Brown Rice Plantains Tropical Fruit
18 WG Tuna Noodle Au Gratin Mixed Vegetables Pineapple Tidbits	19 BBQ Pork Rib Patty Ranch Beans WW Hamburger Bun Fresh Orange	20 Turkey Club Salad* (Turkey, Cheddar Cheese, Tomato, Lettuce, and Bacon Bits) Whole Wheat Roll Fresh Banana	21 Salisbury Steak Brown Gravy Scalloped Potatoes Capri Veggie Blend Whole Wheat Bread Tropical Fruit	22 Turkey Breast w/ Gravy Cut Yams Whole Wheat Bread Mixed Fruit Crisp Margarine	23 Beef Chili w/ Beans Brown Rice Corn O'Brien Fresh Pear	24 Creamy Paprika Chicken Whole Grain Spaghetti Broccoli Cuts Fresh Apple
25 Shrimp Jambalaya Scalloped Corn Tropical Fruit	26 Cranberry Dijon Chicken WW Seasoned Couscous Capri Veggie Blend Fresh Pear	27 Lentil Soup Turkey & Cheddar Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Pineapple Tidbits	28 Honey Balsamic Chicken Confetti Brown Rice California Veggie Blend Fresh Banana	29 Pork Roast Bruschetta Sauce Whole Grain Rotini Broccoli Cuts Peach Crisp	30 Sweet & Sour Meatballs Brown Rice Asian Veggie Blend Fresh Apple	

"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