



# SEPTEMBER 2021 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<b>6 Labor Day</b> BBQ Pork Rib Patty Corn Casserole Carrot Slaw Hamburger Bun Hot Rosy Applesauce 	<b>7</b> Swiss Steak Spring Vegetables Penne Pasta Mixed Fruit 	<b>8</b> Garden Turkey Salad Whole Wheat Bread Tropical Fruit Ranch Salad Dressing 	<b>9</b> Cuban Pork Sliced Carrots Black Beans & Rice Mixed Fruit 	<b>10</b> Oven Fried Chicken Patty Kidney Beans Coleสลaw Brown Rice Fresh Banana Chef's Dessert 	<b>11 911 Remembrance</b> Sliced Turkey Breast w/ Gravy Cut Yams Brussels Sprouts Whole Wheat Bread Fresh Apple 	<b>12</b> Breaded Chicken w/ Country Gravy Green Peas Whipped Potatoes Whole Wheat Bread Cinnamon Applesauce 
<b>13</b> Beef Cabbage Casserole Cubed Potatoes Broccoli & Carrots Whole Wheat Bread Fresh Seasonal Fruit 	<b>14</b> Chicken Fajita Meat Fiesta Vegetables Mexican Brown Rice Whole Wheat Tortilla Fresh Orange Taco Sauce 	<b>15</b> Minestrone Soup Tuna Salad Cucumber/Tomato Salad Fresh Spinach Hamburger Bun Mixed Fruit	<b>16</b> Beef Spaghetti Sauce Whole Grain Spaghetti Peas & Carrots Side Salad Fresh Orange Ranch Salad Dressing	<b>17</b> Breaded Pollock Glazed Carrots Brown Rice Florentine Tropical Fruit Chef's Dessert Tartar Sauce	<b>18</b> Honey Mustard Chicken Italian Vegetables Brown Rice Fresh Apple 	<b>19</b> Beef Savory Casserole Spinach Whole Wheat Bread Spiced Mixed Fruit 
<b>20</b> Turkey Divan Peas & Carrots Brown Rice Mixed Fruit 	<b>21</b> Oven Fried Chicken Patty Black Beans Roasted Potatoes Whole Wheat Bread Fresh Orange 	<b>22 Fall Begins</b> Oriental Chicken Salad Whole Wheat Bread Fresh Orange 	<b>23</b> Turkey Ham w/ Honey Glaze Broccoli Capri Vegetables Cheesy Brown Rice Fresh Banana	<b>24</b> Salisbury Steak Mushroom Gravy Spinach Penne Pasta Applesauce Chef's Dessert	<b>25</b> Baked Chicken w/ Alfredo Sauce Mozzarella Cheese Brussels Sprouts Whole Grain Spaghetti Fresh Apple	<b>26</b> Beef Chili w/ Beans Shredded Cheese Whipped Potatoes Sliced Carrots Saltine Crackers Fresh Orange
<b>27</b> Grilled Pork w/ Mushrooms Spinach Penne Pasta Fresh Orange	<b>28</b> Baked Chicken Jezebel Apple Salsa Southwest Corn Cilantro Brown Rice Pineapple Tidbits	<b>29</b> Cream of Broccoli Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Carrot Slaw Whole Wheat Tortilla Fresh Orange	<b>30</b> Breaded Garlic Pollock Broccoli w/ Cheese Lemon Pasta Fresh Banana 			

"This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services."

Suggested Donation is \$1.00 per meal

**MENU SUBJECT TO CHANGE**

No eligible person shall be denied a meal because of failure or inability to contribute.

