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May **2023 Lunch Menu**



Monday 	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1 BBQ Pork Rib Patty Crispy Cubed Potatoes WW Hamburger Bun Pineapple Tidbits 	2 Swedish Meatballs WG Egg Noodles Sliced Carrots Cinnamon Applesauce 	3 Lentil Soup WG Krab Mac Salad Cucumber & Tomato Salad Fresh Pear 	4 Chicken Fried Rice Broccoli Mixed Fruit Crisp 	5 Burrito Bowl (Taco Meat, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, Tomato) Fresh Banana, Oreos 	6 Lemon Pepper Chicken Leg Qtr Cut Yams Green Peas Whole Wheat Roll Fresh Orange, Margarine 	7 Swiss Steak Wild Rice Brussels Sprouts Diced Peaches 	
8 General Tso's Chicken Brown Rice Broccoli Fresh Apple 	9 Salisbury Steak w/ Gravy Whipped Potatoes Capri Veggie Blend Whole Wheat Roll Fresh Pear Margarine 	10 White Bean Soup Chicken Salad German Coleslaw Multi-Grain Bread Fresh Orange	11 Tuna Noodle Au Gratin Glazed Carrots Mixed Fruit Crisp 	12 Baked Chicken Leg Qtr Honey Ginger Glaze Confetti Brown Rice Green Beans Fresh Banana Fortune Cookie 	13 Pork Roast w/ Gravy Garlic Whipped Potatoes CA Veggie Blend Multi-Grain Bread Applesauce Margarine 	14 Mother's Day Turkey Breast w/ Gravy Cut Yams Green Peas Multi-Grain Bread Fresh Orange Chocolate Chip Cookie Margarine	
15 Beef & Turkey Spaghetti Sauce WG Penne Pasta Garden Veggie Blend Fresh Pear 	16 BBQ Chicken Leg Qtr WG Macaroni & Cheese Seasoned Collard Greens Fresh Apple 	17 Turkey Club Salad Whole Wheat Roll Pineapple Tidbits Margarine Ranch Salad Dressing 	18 Pork Roast Apple Cranberry Demi Glace Confetti Brown Rice Brussels Sprouts Fresh Banana	19 Potato Crusted Pollock White Beans w/ Arugula Whole Wheat Bread Mango Crisp Margarine Tartar Sauce 	20 Turkey Breast w/ Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Pineapple Tidbits Margarine 	21 Teriyaki Meatballs Brown Rice Green Beans Fresh Orange 	
22 WG Popcorn Chicken WG Macaroni & Cheese Green Peas w/ Red Peppers Pineapple Tidbits BBQ Sauce	23 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Diced Peaches 	24 Cream of Broccoli Soup Tuna Salad Black-eyed Peas Multi-Grain Bread Fresh Orange 	25 Pesto Chicken WG Penne Pasta CA Veggie Blend Fresh Banana 	26 Roast Beef w/ Brown Gravy Whipped Potatoes Sliced Carrots Whole Wheat Roll Fresh Pear, Margarine Choclate Chip Cookie	27 Asian BBQ Chicken Leg Qtr Brown Rice Garden Veggie Blend Mandarin Oranges 	28 Pineapple Glazed Turkey Ham Spiced Cut Yams Broccoli, Margarine Multi-Grain Bread Fresh Apple	
29 Memorial Day All Beef Hot Dog Ranch Beans WW Hot Dog Bun Mixed Fruit Crisp Mustard 	30 Honey Mustard Chicken Leg Qtr WG Florentine Penne Black-eyed Peas Fresh Orange	31 Chef Salad Whole Wheat Roll Fresh Banana Ranch Salad Dressing 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 \$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