



APRIL 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Happy Easter 		1 April Fools Day Beef Taco Salad Diced Pineapple Whole Wheat Tortilla Taco Sauce 	2 Dijon Pork Patty Roasted Potato Medley Broccoli Florets Whole Wheat Bread Fresh Banana 	3 Spinach Bake Green Beans Whole Wheat Bread Hot Cinnamon Applesauce Chef's Dessert 	4 Beef Stew Brown Rice Broccoli Blushing Pears 	5 Sliced Turkey Breast Cranberry Orange Sauce Lima Beans Cornbread Hot Spiced Apples
6 Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach Whole Wheat Roll Fresh Orange 	7 World Health Day Baked Chicken Jezebel Apple Salsa Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Applesauce w/ Pears 	8 Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce, Tomato Herb Potato Salad Whole Wheat Bread Fresh Apple 	9 Beef Tamale Pie Mixed Green Salad Broccoli Hot Sliced Peaches Whole Wheat Roll Italian Dressing 	10 Turkey Pot Roast Brown Rice Glazed Carrots Tropical Fruit Chef's Dessert 	11 Garlic Rosemary Chicken Yams Cauliflower Whole Wheat Bread Fresh Banana 	12 Easter Pineapple Glazed Ham Scalloped Potatoes Sliced Carrots Whole Wheat Roll Fresh Orange Chocolate Chip Cookie
13 Oven Fried Chicken Dirty Brown Rice Capri Vegetables Fresh Apple 	14 Hamburger Patty Lettuce & Tomato Crispy Cubed Potatoes W.W. Hamburger Bun Hot Pineapple Tidbits 	15 Tax Day Turkey Club Salad Saltine Crackers Fresh Orange Ranch Dressing 	16 Grilled Pork Patty Tomato Basil Sauce Roasted Potato Medley Green Beans Whole Wheat Bread Applesauce 	17 Ham Broccoli-Brown Rice Bake Green Peas Glazed Carrots Fresh Banana Chef's Dessert 	18 Sliced Turkey Breast Brown Gravy Egg Noodles Sweet/Sour Beets Whole Wheat Bread Tropical Fruit 	19 Teriyaki Meatballs Brown Rice Broccoli Sliced Pears
20 Honey Mustard Chicken Brown Rice Club Spinach Fresh Orange 	21 Picadillo Beef Mexican Brown Rice Fiesta Vegetables Fresh Banana 	22 Earth Day Chef Salad Saltine Crackers Fresh Apple Ranch Dressing 	23 Sausage w/ Onions & Peppers Pinto Beans Whole Kernel Corn W.W. Hot Dog Bun Mixed Fruit 	24 Arbor Day Meatloaf w/ Onion Gravy Whipped Potatoes French Green Beans Whole Wheat Roll Fresh Orange Chef's Dessert 	25 Whole Grain-Tuna Casserole Lima Beans Glazed Carrots Fluffy Fruit Salad 	26 Italian Beef w/ Whole Grain Pasta Herbed Peas Whole Wheat Roll Hot Glazed Peaches
27 BBQ Pork Rib Patty Whipped Potatoes California Vegetables W.W. Hamburger Bun Applesauce 	28 Baked Chicken Mornay Sauce Whole Kernel Corn Lima Beans Whole Wheat Roll Pineapple Tidbits 	29 Turkey Ham Cheese, Lettuce, Tomato Green Pea Salad Whole Wheat Bread Fresh Orange 	30 Potato Crusted Fish Twice Whipped Potatoes Broccoli & Carrots Whole Wheat Bread 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 Donations for Seniors: \$1.00 per meal \$4.00 non senior

MENU SUBJECT TO CHANGE

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

