




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> ~Labor Day Meal~ All Beef Hot Dog Ranch Beans  WW Hot Dog Bun WG Mixed Fruit Crisp Mustard	<b>2</b> Flounder Vera Cruz Confetti Brown Rice Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine Lemon Juice	<b>3</b> <b>Asian Noodle Chicken Salad*</b> <i>*Diced Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds</i> Diced Peaches Balsamic Vinaigrette	<b>4</b> Vegetarian Tamale Pie Fiesta Corn Capri Vegetable Blend Whole Wheat Bread Pineapple Tidbits Margarine	<b>5</b> Roasted Garlic Marsala Chicken Whole Grain Rotini California Vegetable Blend Green Beans Whole Wheat Roll Raisins Chocolate Chip Cookie Margarine	<b>6</b> Turkey Breast w/Gravy Brown Rice Broccoli Florets Beet Salad Diced Pears	<b>7</b> Chicken and Biscuit Scalloped Tomatoes Brussels Sprouts, Corn & Carrots Tropical Fruit
<b>8</b> Szechuan Pork Brown Rice Cabbage Asian Vegetable Blend Multi-Grain Bread Raisins Margarine	<b>9</b> Hungarian Chicken Whole Grain Rotini Glazed Carrots Broccoli Florets Whole Wheat Bread Fresh Orange Margarine	<b>10</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Tortilla Chips Diced Peaches Taco Sauce Ranch Salad Dressing	<b>11</b> BBQ Chicken Plantains Red & White Slaw Whole Wheat Hamburger Bun Fresh Apple	<b>12</b> Parmesan Crusted Tilapia Green Peas & Onion  Sliced Carrots Whole Wheat Roll Mixed Fruit Carnival Cookie Margarine Tartar Sauce Lemon Juice	<b>13</b> Swiss Steak Confetti Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Margarine	<b>14</b> Cheese Lasagna Roll-Up Lentil Vegetable Pilaf Garden Vegetable Blend Whole Wheat Roll Tropical Fruit Margarine
<b>15</b> Meatloaf Onion Gravy Whipped Potatoes California Vegetable Blend Multi-Grain Bread Fresh Apple Margarine	<b>16</b> Chicken Cacciatore Whole Grain Penne Brussels Sprouts Baby Carrots Whole Wheat Roll Diced Peaches Margarine	<b>17</b> Minestrone Soup Lemon Pepper Tuna Salad Black-Eyed Pea Salad Multi-Grain Bread (2 slices) Fresh Orange	<b>18</b> Chicken Fried Brown Rice Sugar Snap Peas Sweet & Sour Red Cabbage Whole Wheat Bread Mixed Fruit Margarine	<b>19</b>  Swedish Meatballs Whole Grain Egg Noodles Glazed Carrots Broccoli Florets Whole Wheat Roll Pineapple Tidbits Oatmeal Raisin Cookie Margarine	<b>20</b> Apple Cider Mustard Pork Brown Rice Peas with Red Peppers Parmesan Tomatoes Diced Pears	<b>21</b> BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Potato Salad Mandarin Oranges
<b>22</b> Vegetarian Chili w/Beans Roasted Diced Potatoes Broccoli Florets Multi-Grain Bread Raisins Margarine	<b>23</b> Salisbury Steak Onion Gravy Brown Rice Sliced Carrots Whole Wheat Roll Pineapple Tidbits Margarine	<b>24</b> Lentil Soup <b>Hummus Wrap*</b> <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Lemon Dijon Carrot Salad Mixed Fruit	<b>25</b> BBQ Pork Rib Patty Ranch Beans Whole Kernel Corn Whole Grain Hamburger Bun Diced Pears BBQ Sauce	<b>26</b> WG Potato-Crusted Pollock WG Macaroni & Cheese Mixed Vegetables Coleslaw Tropical Fruit Butter Sugar Cookie Tartar Sauce Lemon Juice	<b>27</b> WG Turkey Tetrazzini Green Beans Amandine Applesauce	<b>28</b> Creamy Paprika Chicken Whole Grain Penne Broccoli Florets Beet Salad Whole Wheat Roll Mixed Fruit Margarine
<b>29</b> WG Bean & Cheese Burrito Enchilada Sauce Corn O'Brien Green Beans, Tomato & Onion Raisins	<b>30</b> WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Margarine					

**MENU NOTES**

All meals include 8oz of

 Denotes Sodium ≥1000mg

Meals may contain these allergens: peanuts, sesame, tree nuts, seafood, shellfish, soy, eggs, wheat.

**Menu Subject to Change**

This project is supported by Older American's 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.