

LUNCH Menu July 2025


Gary and Mary West Senior Wellness Center

Lunch: Mon-Fri, 11-12 p.m., 12:15-1 p.m., 1:15-1:45 p.m./ Sat-Sun, 11-12 p.m., 12:15-1 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Pork w/Ginger Scallion Sauce Country Vegetable Blend Whole Wheat Roll Tropical Fruit Margarine	2 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Wheat Tortilla Fresh Orange Taco Sauce Ranch Dressing Salad	3 Krab Cake Lentil Vegetable Pilaf Green Beans Mixed Fruit WG Apple Oatmeal Bar Lemon Juice	4 ~Independence Day Meal~ Hamburger Patty Lettuce & Tomato Ranch Beans Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Ketchup Mustard	5 Curry Chicken Brown Rice Garden Vegetable Blend Diced Pears	6 Pork Parmesan White Beans w/Arugula Whole Wheat Bread Tropical Fruit Margarine
7 WG Bean & Cheese Burrito Enchilada Sauce Corn O'Brien Green Beans, Tomato & Onion Raisins	8 WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Margarine	9 Baked Chicken Breast Lemon Scarpariello Sauce Whole Grain Rotini Pinto Beans California Vegetable Blend Fresh Apple	10 Cream of Broccoli Soup Turkey & Provolone Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Mustard	11 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Ketchup Mustard	12 Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits	13 WG Shrimp Jambalaya Corn Casserole Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
14 Dijonnaise Chicken Brown Rice Creamed Spinach Stewed Tomatoes Diced Peaches	15 Turkey a la King Whole Grain Egg Noodles Whole Kernel Corn Broccoli Florets Mixed Fruit	16 General Tso Pork Brown Rice Green Peas Whole Wheat Roll Cucumber Salad Applesauce Margarine	17 Vegetable Soup Egg Salad Chickpea Salad Whole Wheat Bread (2 slices) Fresh Orange	18 WG Potato-Crusted Pollock Dill Sauce Glazed Carrots Broccoli Florets Whole Wheat Bread Mixed Fruit White Chocolate Macadamia Nut Cookie Margarine	19 Salisbury Steak Caramelized Balsamic Onion Jam Whipped Potatoes Mixed Vegetables Whole Wheat Roll Diced Pears Margarine	20 Caribbean Chicken Coconut Brown Rice Plantains Green Beans Whole Grain Corn Muffin Raisins Margarine
21 Creole Beef Lentil Vegetable Pilaf Herbed Carrots Multi-Grain Bread Mixed Fruit Margarine	22 Flounder Vera Cruz Confetti Brown Rice Mixed Vegetables Whole Wheat Roll Fresh Apple Margarine Lemon Juice	23 Vegetarian Tamale Pie Fiesta Corn Capri Vegetable Blend Whole Wheat Bread Pineapple Tidbits Margarine	24 Asian Noodle Chicken Salad* <i>*Diced Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds</i> Diced Peaches Balsamic Vinaigrette	25 Roasted Garlic Marsala Chicken Whole Grain Rotini California Vegetable Blend Green Beans Whole Wheat Roll Raisins Chocolate Chip Cookie Margarine	26 Turkey Breast w/Gravy Brown Rice Broccoli Florets Beet Salad Diced Pears	27 Chicken and Biscuit Scalloped Tomatoes Brussels Sprouts, Corn & Carrots Tropical Fruit
28 Szechuan Pork Brown Rice Cabbage Asian Vegetable Blend Multi-Grain Bread Raisins Margarine	29 Hungarian Chicken Whole Grain Rotini Glazed Carrots Broccoli Florets Whole Wheat Bread Fresh Orange Margarine	30 BBQ Chicken Plantains Red & White Slaw Whole Wheat Hamburger Bun Fresh Apple	31 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, and Romaine Lettuce</i> Whole Grain Tortilla Chips Diced Peaches Taco Sauce Ranch Salad Dressing			

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.