



May **2022 Lunch Menu**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Memorial Day Meatloaf w/ Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Diced Peaches Margarine	31 Honey Mustard Chicken Black-eyed Peas Broccoli Diced Pears Brown Rice Pilaf					
2 BBQ Pork Rib Patty Seasoned Collard Greens WW Hamburger Bun Hot Spiced Apples	3 Swedish Turkey Meatballs Whole Grain Penne Pasta Broccoli Fresh Banana	4 Aztec Bean Salad Whole Wheat Roll Pineapple Tidbits Ranch Salad Dressing Margarine	5 Cinco de Mayo Fajita Chicken Meat Mexican Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Applesauce	6 Pineapple Glazed Ham Au Gratin Potatoes California Veggie Blend Whole Wheat Roll Diced Peaches Chocolate Chip Cookie Margarine	7 Lemon Pepper Chicken Scalloped Potatoes Green Peas Whole Wheat Roll Fresh Orange Margarine	8 Mother's Day Swiss Steak Whole Kernel Corn Brussels Sprouts Multi-Grain Bread Diced Peaches Margarine
9 General Tso's Chicken Brown Rice Broccoli Fresh Apple	10 Salisbury Steak w/ Gravy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Pineapple Tidbits Margarine	11 Garden Veggie Soup Chicken Salad German Coleslaw Multi-Grain Bread Fresh Orange	12 Lemon Pepper Fish Edamame Corn O'Brien Multi-Grain Bread Fresh Apple Margarine Tartar Sauce	13 Sloppy Joe Tater Tots WW Hamburger Bun Hot Glazed Peaches Ketchup	14 Pork Loin w/ Gravy Garlic Whipped Potatoes Green Beans Multi-Grain Bread Applesauce Margarine	15 Turkey A La King Brown Rice Peas and Carrots Mixed Fruit
16 Beef Spaghetti Sauce Whole Grain Penne Pasta Broccoli Fresh Banana	17 BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Applesauce	18 Turkey Club Salad Whole Wheat Roll Tropical Fruit Margarine Ranch Salad Dressing	19 Pork Roast Jezebel Apple Salsa Brussels Sprouts Whole Wheat Bread Hot Spiced Apples Margarine	20 Potato Crusted Fish Confetti Brown Rice Lima Beans Mandarin Oranges Chocolate Chip Cookie Tartar Sauce	21 Armed Forces Day Turkey Breast w/ Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Pineapple Tidbits Margarine	22 Beef with Gravy, Onions, and Peppers Brown Rice California Veggie Blend Fresh Orange
23 WG Popcorn Chicken WG Macaroni & Cheese Green Peas Tropical Fruit BBQ Sauce	24 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Fresh Banana	25 Corn Chowder Tuna Salad Cucumber Salad Multi-Grain Bread Fresh Orange	26 Pesto Chicken Whole Grain Penne Pasta California Veggie Blend Diced Pears	27 Beef Hot Dog Ranch Beans WW Hot Dog Bun Mixed Fruit Crisp Mustard	28 Garlic Rosemary Chicken Thigh Wild Rice Garden Veggie Blend Mandarin Oranges	29 Pineapple Glazed Turkey Ham Cut Yams, Broccoli Multi-Grain Bread Applesauce 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 \$1.00 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
"All meals contain 8 oz milk"



Menu Subject To Change