



Meals containing more than 1000 mg of sodium

# MAY 2020 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1 May Day</b> Breaded Chicken Patty Crispy Cubed Potatoes W.W. Hamburger Bun Tropical Fruit Chef's Dessert	<b>2</b> Swedish Meatballs Whole Grain Penne Pasta Herbed Green Beans Diced Pineapple 	<b>3</b> Turkey Ham & White Beans Brown Rice Creamed Spinach Fresh Orange
<b>4</b> Oven Fried Chicken Brown Rice Florentine Orange Carrots Fresh Orange 	<b>5 Cinco de Mayo</b> Chicken Fajitas Fiesta Vegetables Fiesta Corn Whole Wheat Tortilla Fresh Apple Milk	<b>6</b> Corn Chowder Tuna Salad Lettuce & Tomato Cucumber Salad W. W. Pita Bread Fresh Banana	<b>7</b> Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Hot Sliced Peaches Italian Dressing	<b>8</b> Pork Chili Verde Buttered Rice Fiesta Vegetable Blend W.W. Flour Tortilla Fresh Apple Chef's Dessert	<b>9</b> Swiss Steak Garlic Whipped Potatoes Green Peas Whole Wheat Roll Sliced Pears 	<b>10 Mother's Day</b> Baked Chicken Mornay Sauce Brown Rice Green Beans Fresh Orange Strawberry Cake
<b>11</b> Creole Steak Chunky Potatoes Mixed Vegetables Whole Wheat Bread Fresh Apple	<b>12</b> Oven Fried Chicken Whipped Potatoes Sliced Carrots Whole Wheat Bread Fresh Orange	<b>13</b> Beef Taco Salad Diced Pineapple Whole Wheat Tortilla Taco Sauce 	<b>14</b> Dijon Pork Patty Roasted Potato Medley Broccoli Florets Whole Wheat Bread Fresh Banana	<b>15</b> Spinach Bake Green Beans Whole Wheat Bread Hot Cinnamon Applesauce Chef's Dessert 	<b>16</b> Beef Stew Brown Rice Broccoli Blushing Pears 	<b>17</b> Sliced Turkey Breast Cranberry Orange Sauce Lima Beans Cornbread Hot Spiced Apples 
<b>18</b> Grilled Pork w/ Mushrooms Delmonico Potatoes Seasoned Spinach Whole Wheat Roll Fresh Orange	<b>19</b> Baked Chicken Jezebel Apple Sauce Cilantro Lime Brown Rice Garden Vegetables Whole Wheat Bread Applesauce w/ Pears	<b>20</b> Tomato Basil Soup Sliced Turkey Breast Cheese, Lettuce & Tomato Herb Potato Salad Whole Wheat Bread Fresh Apple	<b>21</b> Beef Tamale Pie Mixed Green Salad Broccoli Whole Wheat Roll Hot Sliced Peaches Italian Dressing	<b>22</b> Turkey Pot Roast Brown Rice Glazed Carrots Tropical Fruit Chef's Dessert 	<b>23</b> Garlic Rosemary Chicken Yams Cauliflower Whole Wheat Bread Fresh Banana 	<b>24</b> Beef Chili w/ Beans Whole Kernel Corn Broccoli Whole Wheat Roll Applesauce
<b>25 Memorial Day</b> Sausage w/ Onions & Peppers Baked Beans German Coleslaw W.W. Hot Dog Bun Hot Spiced Mixed Fruit	<b>26</b> Hamburger Patty Lettuce & Tomato Crispy Cubed Potatoes W.W. Hamburger Bun Hot Pineapple Tidbits	<b>27</b> Turkey Club Salad Saltine Crackers Fresh Orange Ranch Dressing 	<b>28</b> Grilled Pork Patty Tomato Basil Sauce Roasted Potato Medley Green Beans Glazed Carrots Fresh Banana Applesauce	<b>29</b> Ham Broccoli-Brown Rice Bake Green Peas Glazed Carrots Fresh Banana Chef's Dessert	<b>30</b> Sliced Turkey Breast Brown Gravy Egg Noodles Sweet/Sour Beets Whole Wheat Bread Tropical Fruit	<b>31</b> Teriyaki Meatballs Brown Rice Broccoli Sliced Pears 

"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.

