



December

Meals containing more than 1000 mg of sodium



2022 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5 Coconut Curry Chicken Brown Rice Broccoli Fresh Orange 	 6 Salisbury Steak Onion Gravy Delmonico Potatoes Green Peas Whole Wheat Roll Fresh Banana Margarine	 7 Minestrone Soup Chicken Salad Copper Pennies Multi-Grain Bread Strawberry Glaze Fruit 	1 Baked Chicken Leg Quarter Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Tropical Fruit 	2 Potato Crusted Fish WW Seasoned Couscous Green Peas Fresh Banana Carnival Cookie Tartar Sauce	3 Beef Chili w/ Beans Brown Rice Corn O'Brien Fresh Orange 	4 Pork Roast w/ Brown Gravy Scalloped Potatoes Spinach Whole Wheat Bread Applesauce
12 Burrito Bowl (Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Lettuce, and Tomato) Peaches, Taco Sauce 	13 Hamburger Patty Lettuce & Tomato Broccoli WW Hamburger Bun Hot Spiced Apples Ketchup Mustard	14 Chef Salad Whole Wheat Roll Fresh Apple Ranch Salad Dressing Margarine 	8 Tilapia w/ Crumb Topping Confetti Brown Rice Black Beans Pineapple Tidbits Tartar Sauce 	9 Greek Pastitsio (Greek Beef Pasta Bake) Brussels Sprouts Peach Crisp 	10 Pork Fried Brown Rice Mixed Vegetables Tropical Fruit 	11 Honey Glazed Turkey Ham Cut Yams Green Beans Whole Wheat Bread Fresh Apple Margarine
19 Veg. Be'f Lasagna Bake Broccoli WG Garlic Breadstick Fresh Apple Margarine 	20 Potato Crusted Fish Garden Veggie Blend Multi-Grain Bread Peach Crisp Tartar Sauce Margarine 	21 Corn Chowder Turkey Ham & Swiss Cheese Lettuce & Tomato Beet Salad Whole Wheat Tortilla Fresh Orange 	15 Pork Roast w/ Onion Gravy Brown Rice Capri Veggie Blend Fresh Orange 	16 Honey Lime Chicken Mashed Spiced Yams Mixed Vegetables Whole Wheat Bread Tropical Fruit Dessert Margarine 	17 WG Tuna Noodle Casserole Seasoned Mixed Greens Pear Crisp 	18 Creole Beef Brown Rice Green Peas Fresh Banana
26 Ten Grain Pollock White Beans w/ Arugula Glazed Carrots Whole Wheat Bread Mixed Fruit Tartar Sauce, Margarine 	27 Pork Carnitas Cilantro Lime Brown Rice Fiesta Veggie Blend Whole Wheat Tortilla Fresh Apple Taco Sauce 	28 Asian Chicken Noodle Salad (Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing) Fresh Banana 	22 WG Popcorn Chicken WG Macaroni & Cheese Glazed Carrots Mixed Fruit BBQ Sauce 	23 Lemon Pepper Chicken Black Beans Steamed Cabbage Whole Wheat Roll Mandarin Oranges Margarine 	24 Christmas Eve Sweet & Sour Meatballs Confetti Brown Rice Green Beans Fresh Banana 	25 Christmas Day Roast Beef w/ Gravy Scalloped Potatoes Green Peas w/ Red Peppers Whole Wheat Roll Fresh Pear, Chocolate Cake
			29 Meatloaf w/ Gravy Garlic Whipped Potatoes Brussels Sprouts Whole Wheat Bread Fresh Pear Margarine 	30 Swedish Meatballs WG Penne Pasta Garden Veggie Blend Fresh Orange 	31 New Year's Eve Glazed Ham Black-eyed Peas Steamed Cabbage WG Corn Muffin Fluffy Fruit Salad 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