

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>31</p> <p>Egg Patty Sliced Turkey Breast Cut Yams Whole Wheat Bread Milk Mixed Fruit Margarine</p>	 <p>HAPPY NEW YEAR 2022!</p>			<p>1 New Year's Day! Egg White Frittata Mozzarella Cheese Broccoli Whole Wheat Bread Mixed Fruit Milk Assorted Jelly</p>		<p>2</p> <p>Turkey Ham Hard Boiled Egg Carrots/Lima Beans Whole Wheat English Muffin Tangerine Milk Assorted Jelly</p>
<p>3</p> <p>Cheese Omelet Shredded Cheese Brussels Sprouts Raisin Bran Cereal Fresh Orange Milk</p>	<p>4</p> <p>Turkey Ham Black Beans Broccoli Whole Wheat Tortilla Fresh Banana Milk Taco Sauce</p>	<p>5</p> <p>Hard Boiled Egg Copper Pennies Multi-Grain Bread Applesauce Milk Margarine, Assorted Jelly</p>	<p>6</p> <p>Egg Patty Sliced Turkey Breast Crispy Cubed Potatoes Whole Wheat English Muffin Tropical Fruit Milk</p>	<p>7</p> <p>Pinto Beans Shredded Cheese Country Vegetables Whole Wheat Tortilla Mixed Fruit Milk Taco Sauce</p>	<p>8</p> <p>Turkey Sausage Patty Scrambled Eggs Hashbrowns Oatmeal Mandarin Oranges Milk</p>	<p>9</p> <p>Beef Hash Lima Beans Chuckwagon Corn Whole Wheat Bread Pineapple Tidbits Milk, Margarine Assorted Jelly</p>
<p>10</p> <p>Refried Beans Shredded Cheese Fiesta Veggie Blend Whole Wheat Tortilla Tropical Fruit Milk Taco Sauce</p>	<p>11</p> <p>Sliced Turkey Breast Baby Glazed Carrots Whole Wheat English Muffin Mixed Fruit Milk Peanut Butter</p>	<p>12</p> <p>Scrambled Eggs Broccoli Raisin Bran Cereal Fresh Banana Milk</p>	<p>13</p> <p>Hard Boiled Egg Green Pea Salad Multi-Grain Bread Fresh Pear Milk Margarine</p>	<p>14</p> <p>Turkey Ham Cubed Sweet Potatoes Bran Muffin Pineapple Tidbits Milk Assorted Jelly</p>	<p>15</p> <p>Black Beans Cilantro Brown Rice Mixed Vegetables Mandarin Oranges Milk</p>	<p>16</p> <p>Egg Patty Turkey Sausage Patty O'Brien Potatoes Whole Wheat English Muffin Applesauce Milk</p>
<p>17 MLK Jr. Birthday Hard Boiled Egg Copper Pennies Bran Muffin Fresh Pear Milk</p>	<p>18</p> <p>Beef/Turkey Hash Whole Kernel Corn Multi-Grain Bread Tropical Fruit Milk Margarine</p>	<p>19</p> <p>Turkey Sausage Patty Egg Patty Hashbrowns Whole Wheat English Muffin Applesauce Milk Assorted Jelly</p>	<p>20</p> <p>Cheese Omelet Creole Tomatoes Whole Wheat Bread Fresh Banana Milk Assorted Jelly</p>	<p>21</p> <p>Hard Boiled Egg Peanut Butter Green Pea Salad Whole Wheat English Muffin Raisin Bran Cereal Fresh Orange Milk</p>	<p>22</p> <p>Black Beans Cut Yams Wheat Bread Tropical Fruit Milk Assorted Jelly</p>	<p>23</p> <p>Scrambled Eggs O'Brien Potatoes Whole Wheat Tortilla Fresh Apple Milk</p>
<p>24</p> <p>Turkey Ham Lima Beans Whole Grain Biscuit Mixed Fruit Milk</p>	<p>25</p> <p>Peanut Butter Hard Boiled Egg Raisin Bran Cereal California Veggie Salad Fresh Banana Milk</p>	<p>26</p> <p>Turkey Sausage Patty Egg Patty Cut Yams Whole Wheat English Muffin Applesauce Milk</p>	<p>27</p> <p>Scrambled Eggs O'Brien Potatoes Whole Wheat Bread Fresh Orange Milk Margarine Assorted Jelly</p>	<p>28</p> <p>Pinto Beans Shredded Cheese Garden Vegetable Blend Whole Wheat Tortilla Fresh Banana Milk Taco Sauce</p>	<p>29</p> <p>Egg Patty Sliced Turkey Breast O'Brien Potatoes Multi-Grain Bread Tropical Fruit Milk Assorted Jelly</p>	<p>30</p> <p>Hard Boiled Egg Green Pea Salad Whole Gr. Blueberry Muffin Mandarin Oranges Milk Margarine</p>

"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

