



# SERVING SENIORS LUNCH MENU JULY 2024


Gary and Mary West Senior Wellness Center

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> Whole Grain Shrimp Corn Casserole Peach Crisp	<b>2</b> Chicken Leg Quarter Cranberry Dijon Sauce Mixed Vegetables Whole Wheat Roll Pears Margarine	<b>3</b> Split Pea Soup Turkey & Swiss Lettuce & Tomato German Coleslaw Whole Wheat Tortilla Applesauce Mayonnaise & Mustard	<b>4 Independence Day</b> All Beef Hot Dog  Ranch Beans WW Hot Dog Bun WG Mixed Fruit Crisp Mustard	<b>5</b> Chicken Leg Quarter Honey Balsamic Sauce Confetti Brown Rice Sliced Carrots Mixed Fruit Nutty Buddy Bar	<b>6</b> Sweet & Sour Meatballs Whole Grain Rotini Capri Vegetable Blend Mixed Fruit	<b>7</b> Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun Fresh Orange Mayonnaise Mustard Ketchup
<b>8</b> Chicken Leg Quarter Dijonnaise Sauce Brown Rice Brussels Sprouts Fresh Apple	<b>9</b> Turkey a la King Whole Grain Egg Noodles Broccoli Florets Mixed Fruit	<b>10</b> Vegetable Soup Egg Salad Chick Pea Salad Whole Wheat Bread (2) Diced Peaches	<b>11</b> Pork Stir Fry Cilantro Lime Brown Rice Green Peas Raisins	<b>12</b> Potato Crusted Pollock Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice Packet	<b>13</b> Salisbury Steak Balsamic Onion Jam Mixed Vegetables Whole Wheat Roll Fresh Orange Margarine	<b>14</b> BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears
<b>15</b> Creole Beef Lentil Vegetable Pilaf Whole Wheat Roll Mixed Fruit Margarine	<b>16</b> Salmon Patty Dill Sauce Confetti Brown Rice Mixed Vegetables Fresh Orange	<b>17</b> <b>Asian Noodle Chicken Salad*</b> <i>*Diced Chicken, WG Spaghetti, Sugar Snap Peas, Cabbage, Carrots, Green Onions, Sesame Seeds, and Dressing</i>  Fresh Apple	<b>18</b> WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Diced Peaches	<b>19</b> Chicken Leg Quarter Roasted Garlic Marsala Sauce Brown Rice Florentine California Vegetable Blend Mixed Fruit Oatmeal Raisin Cookie	<b>20</b> Turkey Breast with Gravy WG Au Gratin Rotini Brussels Sprouts Diced Pears	<b>21</b> Chicken and Biscuit* Whipped Potatoes California Vegetable Blend *WG Biscuit in Entrée Fresh Apple
<b>22</b> BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears	<b>23</b> Szechuan Pork Brown Rice Green Beans & Peppers Fresh Apple	<b>24</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Beans, Cheese, Tomato, &amp; Lettuce</i> Whole Wheat Tortilla Diced Peaches Taco Sauce Ranch Salad Dressing	<b>25</b> Chicken Leg Quarter Apricot Mustard Sauce Peas & Carrots Whole Wheat Bread Fresh Orange Margarine	<b>26</b> Tilapia w/Crumb Topping Potato Wedges Whole Wheat Roll WG Mixed Fruit Crisp Margarine Tartar Sauce Ketchup Lemon Juice Packet	<b>27</b> Swiss Steak Confetti Brown Rice Capri Vegetable Blend Peaches	<b>28</b> Mushroom Patties Romesco Sauce Whole Grain Penne Garden Vegetable Blend Raisins
<b>29</b> Meatloaf with Gravy Whipped Potatoes California Vegetable Blend Whole Wheat Bread Fresh Apple	<b>30</b> Chicken Cacciatore Whole Grain Penne Brussels Sprouts, Corn, & Sliced Carrots Diced Pears	<b>31</b> Minestrone Soup Tuna Salad Black-eyed Pea Salad Multi-Grain Bread (2) Fresh Orange				

**MENU NOTES**

All meals include 8oz of milk

 Denotes Sodium ≥ 1000 mg

Meals may contain these allergens: peanuts, sesame tree nuts, seafood, shellfish, soy, eggs, milk, wheat.

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.