




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>2</b> Crustless Spinach Mushroom Quiche Potato Wedges Raisin Bran Cereal Fresh Orange Ketchup	<b>3</b> Scrambled Eggs O'Brien Potatoes Oatmeal Diced Pears	<b>4</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Pineapple Tidbits	<b>5</b> Turkey Sausage Patty Scrambled Eggs Fajita Vegetable Blend WW English Muffin Fresh Apple Margarine Jelly
<b>7</b> Cheesy Scrambled Eggs Roasted Sweet Potatoes Cheerios Diced Peaches	<b>8</b> Hard Boiled Eggs Chick Pea Salad WG Blueberry Muffin Mixed Fruit	<b>9</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Fresh Apple	<b>10</b> Egg Patty Turkey Sausage Patty Roasted Diced Potatoes Whole Grain Biscuit Fresh Orange Jelly	<b>11</b> Cheese Omelet Creamed Spinach Multi-Grain Bread Diced Pears Jelly	<b>12</b> Turkey Sausage Patties Hash Brown Patty Whole Grain Waffles Diced Peaches Syrup
<b>14</b> Mexican Scrambled Eggs Pinto Beans Whole Wheat Tortilla Fresh Orange	<b>15</b> Crustless Spinach Mushroom Quiche O'Brien Potatoes Oatmeal Raisins	<b>16</b> Hard Boiled Eggs WW English Muffin Pineapple Tidbits Tomato Juice Margarine Jelly	<b>17</b> Refried Beans  Shredded Cheese Egg Patty Fiesta Vegetable Blend Whole Wheat Tortilla Diced Peaches	<b>18</b> Turkey Ham Roasted Sweet Potatoes Whole Grain Waffles Pineapple Tidbits Margarine Syrup	<b>19</b> Cheese Omelet Garlic Spinach Multi-Grain Bread Mixed Fruit Margarine Jelly
<b>21</b> Turkey Sausage Links  Hash Brown Patty Whole Grain Pancakes Mixed Fruit Syrup	<b>22</b> Hard Boiled Eggs Chick Pea Salad Multi-Grain Bread Fresh Orange Jelly	<b>23</b> Turkey Sausage Patties Roasted Sweet Potatoes WW English Muffin Diced Pears Jelly	<b>24</b> Crustless Spinach Mushroom Quiche O'Brien Potatoes Whole Wheat Bread Diced Peaches Margarine Jelly	<b>25</b> Hard Boiled Eggs WG Blueberry Muffin Fresh Apple Tomato Juice	<b>26</b> Refried Beans Shredded Cheese Scrambled Eggs Fajita Vegetable Blend Whole Wheat Tortilla Mandarin Oranges
<b>28</b> Mexican Scrambled Eggs Black Beans Multi-Grain Bread Fresh Orange Margarine Jelly	<b>29</b> Turkey Sausage Patties Roasted Sweet Potatoes Whole Grain Pancakes Diced Pears Syrup	<b>30</b> Hard Boiled Eggs WW English Muffin Raisins Tomato Juice Margarine Jelly	<b>31</b> Scrambled Eggs Club Spinach WG Blueberry Muffin Mixed Fruit		

**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.