

SERVING SENIORS

November Lunch Menu 2026

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
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						Teriyaki Meatballs Confetti Brown Rice Mixed Vegetables Multigrain Bread Diced Pears
2	**3**	**4**	**5**	**6**	**7**	**8**
Turkey Tetrazzini w/WG Pasta Green Peas Fiesta Corn Tropical Fruit	Pork Parmesan Whole Grain Penne Pasta White Beans with Arugula Multi-Grain Bread Diced Peaches	***New!*** **Italian Turkey Pasta Salad** Over Greens Garbanzo Bean Salad Whole Wheat Roll Strawberry Applesauce	Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Sweet Plantains Mixed Fruit	Salmon Patty Dill Sauce Brown Rice Glazed Carrots Diced Pears Chocolate Chip Cookie	Chicken Breast Meat Cacciatore Whole Grain Spaghetti Green Beans Mandarin Oranges	Diced Pork Mornay Sauce Brown Rice Mixed Vegetables Whole Wheat Bread Raisins
9	**10**	**11**	**12**	**13**	**14**	**15**
Italian Beef & Turkey Whole Grain Penne Bake Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	Pork Fried Rice Mixed Vegetables Tropical Fruit Whole Wheat Roll Fortune Cookie	White Bean Soup Egg Salad Cucumber Salad Carrot Raisin Salad Multi-Grain Bread Diced Pears	Blackend Tilapia Confetti Brown Rice Black Beans Coleslaw Whole Wheat Roll Tartar Sauce & Lemon Juice	Chicken Breast Meat Coconut Curry Sauce Brown Rice Broccoli Florets Cauliflower Raisins	Roasted Turkey Breast Cranberry Orange Sauce Whole Kernel Corn Green Beans Whole Wheat Roll Applesauce	Chicken Breast Strips Bruschetta Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend Green Peas Mixed Fruit Crisp
16	**17**	**18**	**19**	**20**	**21**	**22**
Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	**Asian Chicken Noodle Salad*** **Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing* Mandarin Oranges Balsamic Vinaigrette	Turkey Chili Broccoli Florets Italian Vegetables Whole Wheat Roll Fresh Orange	Sloppy Joe Baked Beans Sliced Carrots Whole Grain Hamburger Bun Diced Pears Nutty Buddy Bar	Chicken Thigh Meat Romesco Sauce Whole Grain Penne Pasta Green Beans Creole Cucumber Salad Mixed Fruit	Sweet & Sour Meatballs Brown Rice Mixed Vegetables Pineapple Tidbits
23	**24**	**25**	**26**	**27**	**28**	**29**
Chicken Breast Meat Apricot Mustard Sauce Delmonico Potatoes California Vegetable Blend Whole Wheat Roll Diced Peaches Margarine	***New!*** Beef Japanese Curry Brown Rice Cauliflower Green Beans w/Red Peppers Diced Pears	Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit	***Thanksgiving Special*** Roasted Turkey Breast (S) Poultry Gravy Cornbread Dressing Whipped Potatoes Green Beans Whole Wheat Roll Fresh Orange Pumpkin Pie Margarine & Cranberry Sauce	Diced Pork Caramelized Balsamic Onion Jam Green Peas Glazed Carrots Whole Wheat Roll Diced Pears Carnival Cookie	Chicken Fajitas Black Beans Cilantro Lime Coleslaw Whole Wheat Tortilla Diced Peaches Taco Sauce	Swiss Steak Brown Rice Corn with Bell Peppers Green Beans Amandine Fresh Orange
30						
Chicken Breast Meat Mediterranean Sauce Whole Grain Rotini Pasta Green Beans Mixed Fruit						

MENU NOTES

All meals include 8oz of milk

(S) Denotes Sodium ≥1000mg

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

Menu Subject to Change

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 $3.00 per meal.
No eligible person shall be denied a meal because of failure or inability to contribute.