



# SERVING SENIORS LUNCH MENU OCTOBER 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> Turkey a la King Whole Grain Egg Noodles Broccoli Florets Mixed Fruit	<b>2</b> Lentil Soup Egg Salad Chick Pea Salad Whole Wheat Bread (2) Diced Peaches	<b>3</b> Pork Stir Fry Cilantro Lime Brown Rice Green Peas Raisins	<b>4</b> Potato Crusted Pollock Glazed Carrots Whole Wheat Bread WG Mixed Fruit Crisp Margarine Tartar Sauce Lemon Juice Packet	<b>5</b> Salisbury Steak Balsamic Onion Jam Mixed Vegetables Whole Wheat Roll Fresh Orange Margarine	<b>6</b> BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Diced Pears
<b>7</b> Pork Chile Verde Brown Rice Pinto Beans w/Red Peppers Diced Pears	<b>8</b> Chickpea Tikka Masala Coconut Brown Rice Broccoli Florets Diced Peaches	<b>9</b> Garden Vegetable Soup Tuna Salad Cucumber Salad WW Hamburger Bun Pineapple Tidbits	<b>10</b> BBQ Chicken Leg Quarter WG Macaroni & Cheese Seasoned Collard Greens Fresh Orange	<b>11</b> Hamburger Patty Lettuce & Tomato Tater Tots WW Hamburger Bun WG Mixed Fruit Crisp Ketchup, Mayo, Mustard	<b>12</b> Chicken Alfredo Whole Grain Penne Pasta Brussels Sprouts Raisins	<b>13</b> Salisbury Steak & Gravy Brown Rice Florentine Glazed Carrots Mixed Fruit
<b>14</b> Zesty Orange Chicken Whole Grain Noodles Green Beans Diced Pears	<b>15</b> Pork Parmesan  White Beans with Arugula Whole Grain Breadstick Diced Peaches Margarine	<b>16</b> <b>Beef &amp; Turkey Taco Salad*</b> <i>*Ground Turkey &amp; Beef, Beans, Cheese, Tomato, &amp; Lettuce</i> Whole Wheat Tortilla Strawberry Applesauce Taco Sauce Ranch Salad Dressing	<b>17</b> Chicken with Pumpkin Seed Mole Cilantro Lime Brown Rice Plantains Mixed Fruit	<b>18</b> Salmon Patty Dill Sauce WG Florentine Penne Glazed Carrots Diced Pears Chocolate Chip Cookie	<b>19</b> WG Bean & Cheese Burrito Enchilada Sauce Fiesta Corn Fresh Orange	<b>20</b> Pork with Mornay Sauce Mixed Vegetables Whole Wheat Bread Applesauce Margarine
<b>21</b> Salisbury Steak Onion Gravy Delmonico Potatoes Garden Vegetable Blend Whole Wheat Roll Fresh Apple Margarine	<b>22</b> Turkey Breast with Gravy Whole Kernel Corn Green Beans Whole Wheat Roll Strawberry Applesauce Margarine	<b>23</b> White Bean Soup Egg Salad Carrot Raisin Salad Multi-Grain Bread (2) Mixed Fruit	<b>24</b> Tilapia w/Crumb Topping Lima Beans Whole Wheat Roll Fresh Orange Tartar Sauce Margarine Lemon Juice	<b>25</b> Mushroom Patties Romesco Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend WG Mixed Fruit Crisp	<b>26</b> Pork Fried Brown Rice Mixed Vegetables Diced Pears Fortune Cookie	<b>27</b> Chicken Leg Quarter Coconut Curry Brown Rice Broccoli Florets Raisins
<b>28</b> Mini Crab Cakes  WG Scampi Spaghetti Peas and Carrots Mixed Fruit	<b>29</b> <b>Burrito Bowl*</b> <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Raisins Taco Sauce	<b>30</b> <b>Asian Noodle Chicken Salad*</b> <i>*Chicken, Whole Grain Spaghetti, Sugar Snap Peas, Cabbage, Green Onion, and Asian Dressing</i> Fresh Apple Balsamic Vinaigrette	<b>31</b> ~Halloween~ All Beef Hot Dog Coleslaw Whole Grain Hot Dog Bun WG Mixed Fruit Crisp Milk Mustard			

## 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.