



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Parmesan Crusted Tilapia Green Peas & Onion Sliced Carrots Whole Wheat Roll Mixed Fruit Carnival Cookie Margarine Tartar Sauce Lemon Juice	2 Swiss Steak Confetti Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Margarine	3 Cheese Lasagna Roll-Up Lentil Vegetable Pilaf Garden Vegetable Blend Whole Wheat Roll Tropical Fruit Margarine
4 Meatloaf Onion Gravy Whipped Potatoes California Vegetable Blend Multi-Grain Bread Fresh Apple Margarine	5 Chicken Cacciatore Whole Grain Penne Brussels Sprouts Baby Carrots Whole Wheat Roll Diced Peaches Margarine	6 Minestrone Soup Lemon Pepper Tuna Salad Black-Eyed Pea Salad Multi-Grain Bread (2 slices) Fresh Orange	7 Chicken Fried Brown Rice Sugar Snap Peas Sweet & Sour Red Cabbage Whole Wheat Bread Mixed Fruit Margarine	8 Swedish Meatballs Whole Grain Egg Noodles Glazed Carrots Broccoli Florets Whole Wheat Roll Pineapple Tidbits Oatmeal Raisin Cookie Margarine	9 Apple Cider Mustard Pork Brown Rice Peas with Red Peppers Parmesan Tomatoes Diced Pears	10 BBQ Chicken Drumsticks WG Macaroni & Cheese Seasoned Collard Greens Potato Salad Mandarin Oranges
11 Vegetarian Chili w/Beans Roasted Diced Potatoes Broccoli Florets Multi-Grain Bread Raisins Margarine	12 Salisbury Steak Onion Gravy Brown Rice Sliced Carrots Whole Wheat Roll Pineapple Tidbits Margarine	13 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Lemon Dijon Carrot Salad Mixed Fruit	14 BBQ Pork Rib Patty Ranch Beans Whole Kernel Corn Whole Grain Hamburger Bun Diced Pears BBQ Sauce	15 WG Potato-Crusted Pollock WG Macaroni & Cheese Mixed Vegetables Coleslaw Tropical Fruit Butter Sugar Cookie Tartar Sauce Lemon Juice	16 WG Turkey Tetrazzini Green Beans Amandine Applesauce	17 Creamy Paprika Chicken Whole Grain Penne Broccoli Florets Beet Salad Whole Wheat Roll Mixed Fruit Margarine
18 WG Bean & Cheese Burrito Enchilada Sauce Corn O'Brien Green Beans, Tomato & Onion Raisins	19 WG Popcorn Chicken Cranberry Orange Sauce Mixed Vegetables Whole Wheat Bread Diced Pears Margarine	20 Cream of Broccoli Soup Turkey & Provolone Lettuce & Tomato Coleslaw Whole Wheat Tortilla Pineapple Tidbits Mustard	21 Baked Chicken Breast Lemon Scarpariello Sauce Whole Grain Rotini Lima Beans California Vegetable Blend Fresh Apple	22 Hamburger Patty Lettuce & Tomato Tater Tots Whole Wheat Hamburger Bun Whole Grain Mixed Fruit Crisp Ketchup Mustard	23 Apricot Mustard Chicken Confetti Brown Rice Broccoli Florets Sliced Carrots Pineapple Tidbits	24 WG Shrimp Jambalaya Corn Casserole Steamed Cabbage Whole Wheat Roll Fresh Orange Margarine
25 Dijonnaise Chicken Brown Rice Creamed Spinach Stewed Tomatoes Diced Peaches	26 Turkey a la King Whole Grain Egg Noodles Whole Kernel Corn Broccoli Florets Mixed Fruit	27 Vegetable Soup Egg Salad Chickpea Salad Whole Wheat Bread (2 slices) Fresh Orange	28 General Tso Pork Brown Rice Green Peas Whole Wheat Roll Cucumber Salad Applesauce Margarine	29 Creole Beef Lentil Vegetable Pilaf Herbed Carrots Multi-Grain Bread Mixed Fruit Margarine	30 Salisbury Steak Caramelized Balsamic Onion Jam Whipped Potatoes Mixed Vegetables Whole Wheat Roll Diced Pears Margarine	31 Caribbean Chicken Coconut Brown Rice Plantains Green Beans Whole Grain Corn Muffin Raisins Margarine

MENU NOTES

All meals include 8oz of

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 \$2.50 per meal.

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