






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Chicken Breast Meat Mediterranean Sauce Whole Grain Rotini Pasta Green Beans Mixed Fruit	2 Pork Chile Verde Pinto Beans Corn O'Brien Whole Wheat Tortilla Diced Pears Taco Sauce	3 Chef Salad* <i>*Turkey, Turkey Ham, Egg, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Whole Grain Corn Muffin Tropical Fruit Ranch Dressing & Margarine	4 Potato Crusted Pollock Dirty Brown Rice Mixed Vegetables Coleslaw Strawberry Applesauce Tartar Sauce & Lemon Juice	5 Swedish Meatballs Whole Grain Penne Pasta Broccoli Florets Cauliflower Fresh Orange Oatmeal Raisin Cookie	6 Meatloaf Brown Gravy Garlic Whipped Potatoes Glazed Carrots Whole Wheat Roll Mixed Fruit	7 BBQ Pork Rib Patty  BBQ Sauce Baked Beans Whole Kernel Corn Whole Grain Hamburger Bun Applesauce
8 Diced Pork Dijonnaise Sauce Brown Rice Green Peas Sliced Carrots Diced Pears	9 Chicken Drumsticks BBQ Sauce Whole Grain Macaroni & Cheese Collard Greens Honey Lime Corn Salad Mixed Fruit	10 Cream of Tomato Soup  Tuna Salad Cucumber Salad Carrot Raisin Salad Whole Grain Hamburger Bun Pineapple Tidbits	11 Vegetarian Meat Sauce Whole Grain Spaghetti Broccoli Florets Cauliflower Raisins	12 Beef Patty Lettuce & Tomato Baked Beans Whole Grain Hamburger Bun Mixed Fruit Crisp Ketchup, Mustard, & Mayo	13 Chicken Thigh Meat Alfredo Sauce Whole Grain Penne Pasta Sliced Carrots Brussels Sprouts Raisins	14 Salisbury Steak w/Onion Gravy Brown Rice Pilaf Mixed Vegetables Whole Wheat Roll Diced Pears Margarine
15 Orange Chicken Whole Grain Spaghetti Green Beans Mandarin Oranges	16 Pork Parmesan Whole Grain Penne Pasta White Beans with Arugula Multi-Grain Bread Diced Peaches Margarine	17 Beef & Turkey Taco Salad* <i>*Ground Turkey & Beef, Black Beans, Cheddar Cheese, Tomato, Lettuce, Cabbage, and Carrots</i> Baked Tortilla Chips Strawberry Applesauce Taco Sauce & Ranch Dressing	18 Baked Chicken Breast Pumpkin Seed Mole Cilantro Lime Brown Rice Black Beans Sweet Plantains Mixed Fruit	19 Salmon Patty Dill Sauce Brown Rice Glazed Carrots Diced Pears Chocolate Chip Cookie	20 Whole Grain Bean & Cheese Burrito Enchilada Sauce Green Peas Fiesta Corn Tropical Fruit	21 Diced Pork Mornay Sauce Brown Rice Mixed Vegetables Whole Wheat Bread Raisins Margarine
22 Italian Beef & Turkey Whole Grain Penne Bake Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits Margarine	23 White Bean Soup Egg Salad Cucumber Salad Carrot Raisin Salad Multi-Grain Bread Diced Pears	24 ~ Christmas Holiday Meal ~ Roast Beef Brown Gravy Scalloped Potatoes Green Beans Amandine Whole Wheat Roll Ambrosia Fruit Salad Margarine	25 Tilapia with Crumb Topping Confetti Brown Rice Black-eyed Peas Coleslaw Whole Wheat Roll Fresh Orange Margarine Tartar Sauce & Lemon Juice	26 Chicken Breast Meat Bruschetta Sauce Whole Grain Rotini Pasta Tuscany Vegetable Blend Mixed Fruit Crisp	27 Pork Fried Rice Mixed Vegetables Tropical Fruit Whole Wheat Roll Fortune Cookie	28 Chicken Breast Meat Coconut Curry Sauce Brown Rice Broccoli Florets Cauliflower Raisins
29 Potato Crusted Pollock Garlic Parmesan Brown Rice Green Peas Sliced Carrots Mixed Fruit Tartar Sauce & Lemon Juice	30 Chicken Breast Meat Ranchero Sauce Cilantro Lime Brown Rice Charro Beans Calabacitas Raisins	31 ~ New Year's Holiday Meal ~ Glazed Ham  Black-eyed Peas Collard Greens Whole Grain Corn Muffin Fresh Orange Margarine				

MENU NOTES

All meals include 8oz of milk

 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.