




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Vegetarian Bolognese Whole Grain Penne Pasta Brussels Sprouts Whole Wheat Roll Applesauce	2 Tilapia with Crumb Topping Brown Rice Florentine California Vegetable Blend Multi-Grain Bread Raisins	3 Turkey Club Salad* <i>*Turkey, Cheddar Cheese, Tomato, Romaine Lettuce, and Bacon Bits</i> Whole Wheat Roll Mandarin Oranges Blue Cheese Salad Dressing	4 Hamburger Patty Lettuce & Tomato Ranch Beans Whole Grain Hamburger Bun Tropical Fruit	5 Whole Grain Turkey Tetrazzini Green Peas Sliced Carrots Mixed Fruit Butter Sugar Cookie	6 Pork with Onion Gravy Brown Rice Pilaf Mixed Vegetables Diced Pears	7 Chicken Alfredo Whole Grain Penne Pasta Broccoli Florets Cauliflower Raisins
8 Potato Crusted Pollock Brown Rice Green Beans Whole Wheat Roll Diced Peaches	9 BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Collard Greens Multi-Grain Bread Mixed Fruit	10 Minestrone Soup Sliced Turkey Breast Provolone Cheese Lettuce & Tomato Broccoli Raisin Salad Whole Grain Hamburger Bun Applesauce	11 Meatloaf with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Raisins	12 Burrito Bowl* <i>*Chicken, Cilantro Lime Brown Rice, Black Beans, Corn, Peppers, Onion, Romaine Lettuce, and Tomato</i> Diced Pears Peanut Butter Cookie Taco Sauce	13 Vegetarian Fried Rice Garden Vegetable Blend Tropical Fruit	14 Pork with Mornay Sauce Whole Grain Pasta Primavera Mixed Vegetables Mixed Fruit
15 Roast Beef with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Roll Diced Pears	16 Bruschetta Chicken Whole Grain Rotini Pasta Green Beans Raisins	17 White Bean Soup Whole Grain Crab Mac Salad Black-eyed Pea Salad Fresh Orange	18 BBQ Pork Rib Patty Collard Greens Whole Grain Hamburger Bun Warm Spiced Apples	19 ~Father's Day Meal~ Salisbury Steak with Gravy Whole Grain Macaroni & Cheese Broccoli Florets Whole Wheat Roll Pineapple Tidbits Strawberry Shortcake Cookie	20 Chicken with Peri Peri Sauce Cilantro Lime Brown Rice Mixed Vegetables Raisins	21 Meatballs w/Mushroom Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Bread Tropical Fruit
22 Swedish Meatballs Whole Grain Rotini Pasta Broccoli Florets Fresh Orange	23 Chicken and Biscuit* Whipped Potatoes California Vegetable Blend <i>*Whole Grain Biscuit in Entrée</i> Applesauce	24 Lentil Soup Hummus Wrap* <i>*Hummus, Feta Cheese, Lettuce, Tomato, Onion, and WW Tortilla</i> Organic Rainbow Carrot Salad w/Lemon Dijon Vinaigrette Diced Peaches	25 Sloppy Joe Whole Kernel Corn German Coleslaw Whole Wheat Hamburger Bun Raisins	26 Potato Crusted Pollock Black-eyed Peas Glazed Carrots Whole Wheat Roll Pineapple Tidbits Chocolate Chip Cookie	27 Szechuan Pork Brown Rice Mixed Vegetables Mandarin Oranges	28 BBQ Chicken Drumsticks Whole Grain Macaroni & Cheese Collard Greens Mixed Fruit
29 Salisbury Steak with Gravy Whipped Potatoes Glazed Carrots Whole Wheat Bread Mandarin Oranges	30 Pork w/Ginger Scallion Sauce Mixed Vegetables Whole Wheat Roll Tropical Fruit					

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.